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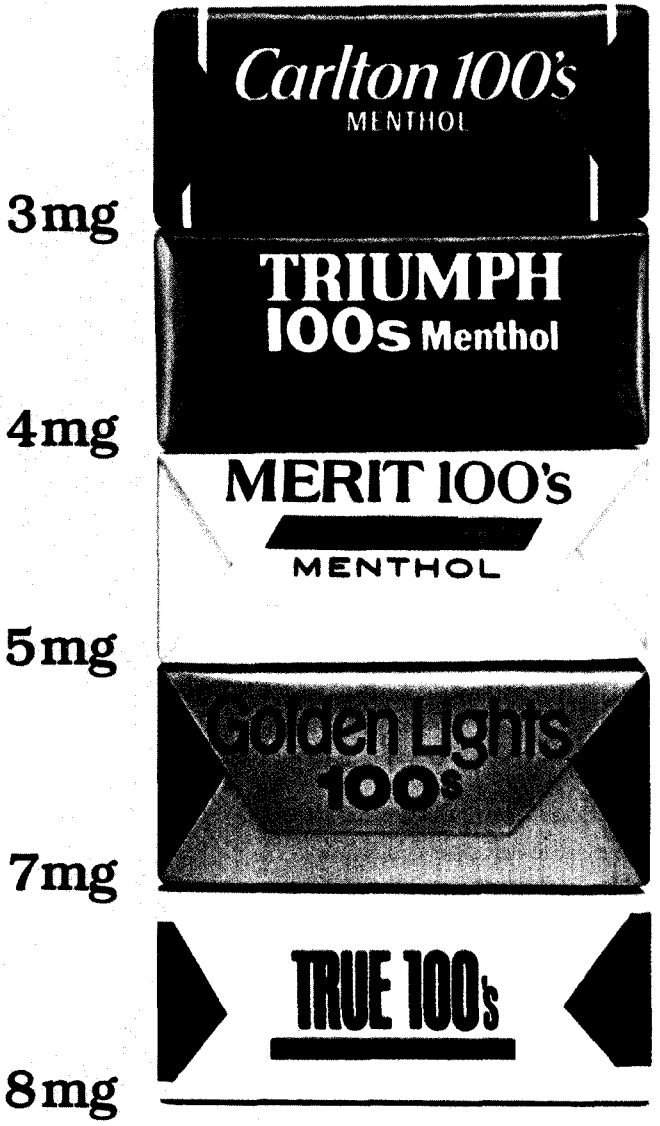

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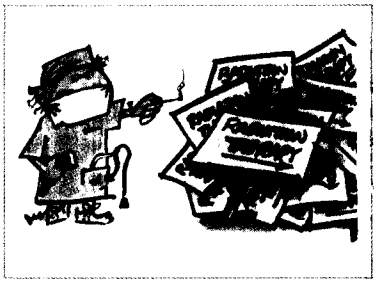
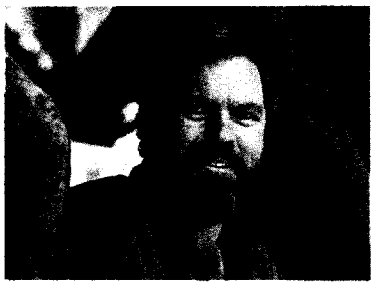
Faith Before Beauty—An inner peace from faith in God has given Linda Evans her attractive appearance at age 40. **46**

Behind "700 Club" Cameras—An intimate look at CBN's popular talk show. **56**



Answers to Cancer—*Post* readers respond to the survey directed toward stopping cancer. **28**



Meet "Father Murphy"—You may know him best as Merlin Olsen, the L.A. Rams' former All-Pro. **63**

THE SATURDAY EVENING POST

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TABLE OF CONTENTS, NOVEMBER 1982 Vol. 254, No. 8

FICTION

Yash the Chimney Sweep ..... *Isaac Bashevis Singer* 60

FEATURES

In Support of Good Posture ..... *Robert Roaf* 14
The New Evidence for Vitamin E ..... *B. A. Vinocur* 16
Alcoholics Anonymous, Part I ..... *Jack Alexander* 20
Let's Beat the Russians to a Cancer Vaccine .... *Cory SerVaas, M.D.* 28
Herpes Update III 40
Linda Evans' Amazing Grace ..... *David Wallace* 46
The Copper Ring Mystery, Part I ..... *Berton Roueché* 50
On Satin Sheets ..... *Maynard Good Stoddard* 54
"The 700 Club": On Screen and Behind the Scenes ..... *William Barry Furlong* 56
Merlin Olsen As Father Murphy ..... *S. LaMar Wade* 63
Restoring Old Homes. . .from Cottages to Castles:
Making the Most of a Mansion ..... *Richard H. Jenrette* 66
Reviving a Tired Old House ..... *Peter Hotton* 68

DEPARTMENTS

Letters 4
Post People 8
Post Scripts 38
Sports: Going for Gold at 45 52
Antique Shoppe 70
Travel: It's Tomorrow in Australia ..... *Paul SerVaas* 86
Food: Going Wild in the Kitchen ..... *Herbert Fowler* 90
Medical Mailbox ..... *Cory SerVaas, M.D.* 106

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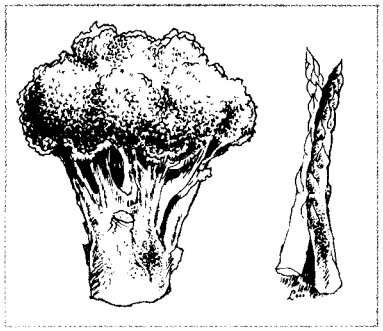

Much Vitamin E Is Lost—in food distribution. Support grows for supplementation. **16**

The Copper Ring Mystery—Why would healthy Carol Terry suddenly become suicidal? **50**

New Life for Old Houses—Restoration is a worthwhile investment for the rich, good exercise for the rest of us. **66**

Still Going for Gold—After four Olympic wins, discus thrower Al Oerter trains for 1984. **52**

Wild Game Plan—Preparing game birds for the table becomes a hunt for delectable recipes. **90**

Letters

Protect Our Farmers

I read your article on "Farmer Hero of the Soybean Raid" by Hank Nuwer (September '82) and was concerned about it, for it was the first time I knew that someone could take out a bankruptcy on property owned and clear of debt by another person. What has happened to the laws that protect the innocent?

Good luck to Wayne Cryts and the others who were involved. Perhaps a law could be written and voted on that would help stop the problems that face the American farmers, for they are the most necessary group of people in the country and need all of the protection that they can get.

Thank you for a magazine that prints the truth and contains interesting and clean material to read for all the family.

Mrs. Rose Shaw
Wellsboro, Pennsylvania

This whole treatment of Mr. Cryts has me furious. He was never paid for the grain he stored, so why is he being treated like a criminal?

Miriam Kronenberg
Rogers, Arkansas

Concerning your article, "Farmer Hero of the Soybean Raid" (September '82), I am at a loss to understand how someone could declare bankruptcy on property they do not own. If this is possible, should my bank take bankruptcy, couldn't I even lose the valuables in my safety deposit box? If I stored all my worldly possessions while I moved, would I lose them? I can't see any difference? Please print some way each of us can help.

Virginia Cordill
Arvada, Colorado

Write your congressman and senators. Some indignant people suggested taking up a collection for Cryts' defense.

Gay Retort

Being gay is *not* a health hazard. Frequent sexual activity is, as it also is for active heterosexuals.

Being gay and honest about it

continued on following page

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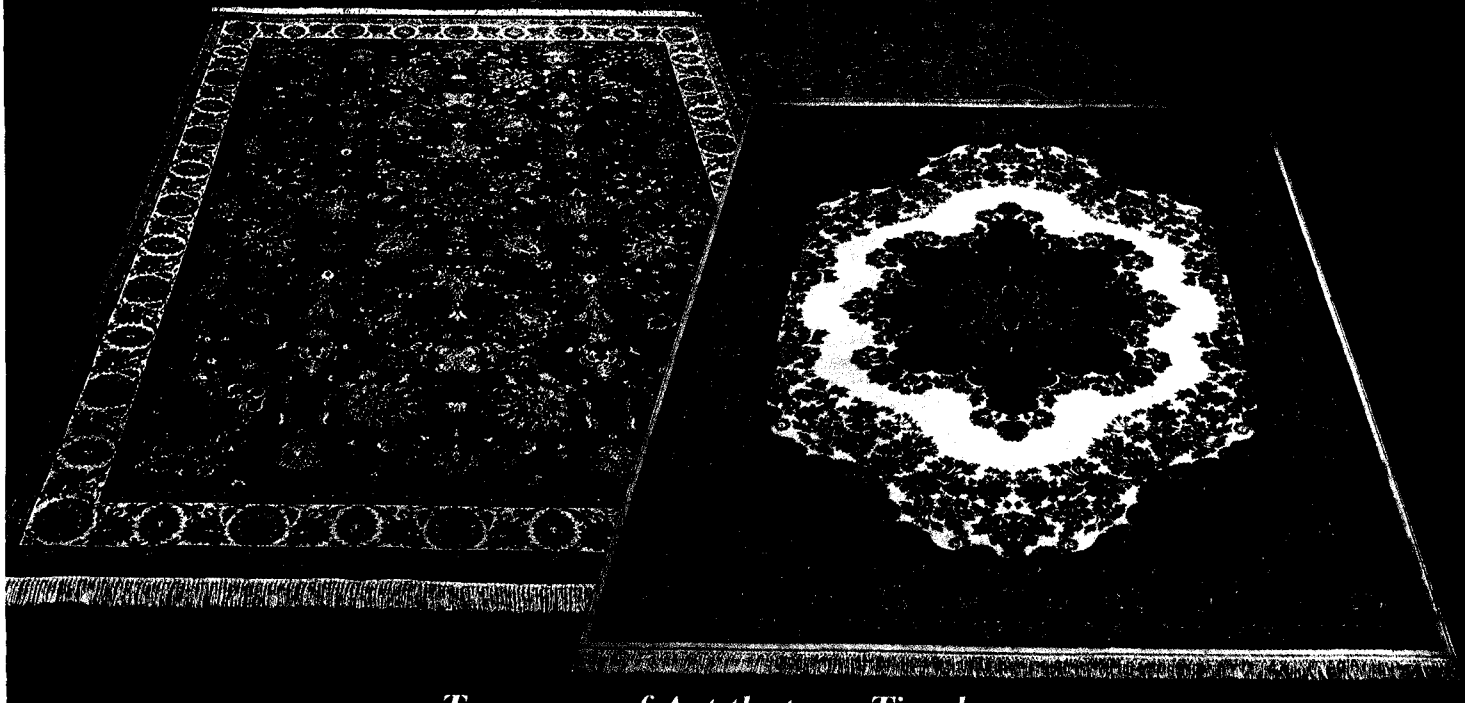

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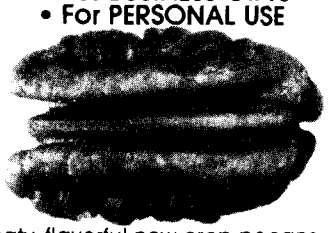

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Scott Jackson
Washington, D.C.

Thrilled to the Core

"Apple Project: Free Computers in the Classrooms," *SatEvePost*, September 1982, set my heart thumping. Perhaps Mr. Steve Job's decision to provide Apple IIs to schools opens up the possibility for our library-media center to have one of our own!

Such a possibility of obtaining one in this manner truly causes our hearts to palpitate in subdued hope!

Clyde H. Muir,
Wasatch High School Media Center
Heber City, Utah

Plowman on Graham

Thank you for "clearing up" the Billy Graham in Moscow episode. I'm sure all of us are getting mighty tired of poor media coverage.

This is the reason I subscribed to the *Post*. Thank you. God bless the *Post*.

Helen Ellingson
Santa Monica, California

Mr. Edward Plowman's report on Billy Graham in Moscow is not completely true. He is wrong when he states, "Graham visited at random three Orthodox churches." There *are only* three Orthodox Churches in Moscow! He had to visit them all if he went to three!

I was in Moscow when Rev. Graham was there, and my Communist guide said to me: "We only need six working churches in Moscow. There are three Russian Orthodox working churches for believers, two Roman Catholic churches for believers and one Baptist church for believers. There is an Anglican minister at the British embassy for believers who goes alternate Sundays to the American embassy for working believers."

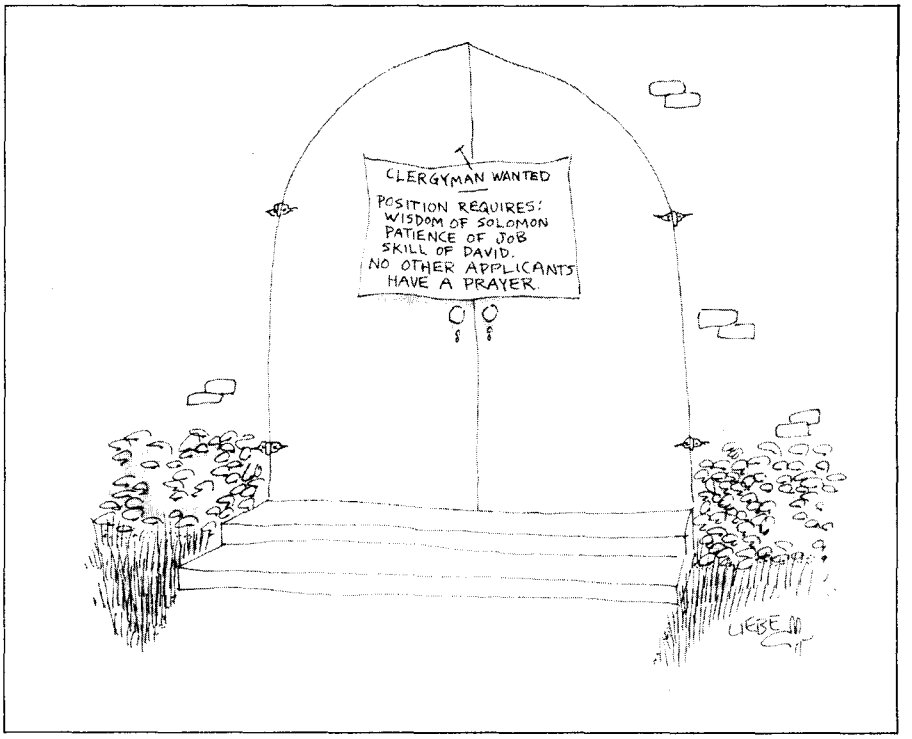
The point is: There are six churches for five million people! The Communist government has a Department for Religion which controls those churches, while professing atheism. St. Basil's Cathedral in Red Square is a museum for atheism.

It should be obvious that there is no freedom of religion under Communism, as it is incompatible.

Alfred M. Beyer, M.D.
Garden City, New York

Edward Plowman's evaluation of Dr. Graham's trip is the fairest and most insightful I've read. Would that the religious periodicals that I've read had been as fair.

Rev. John L. Swanson,
Newhall, California



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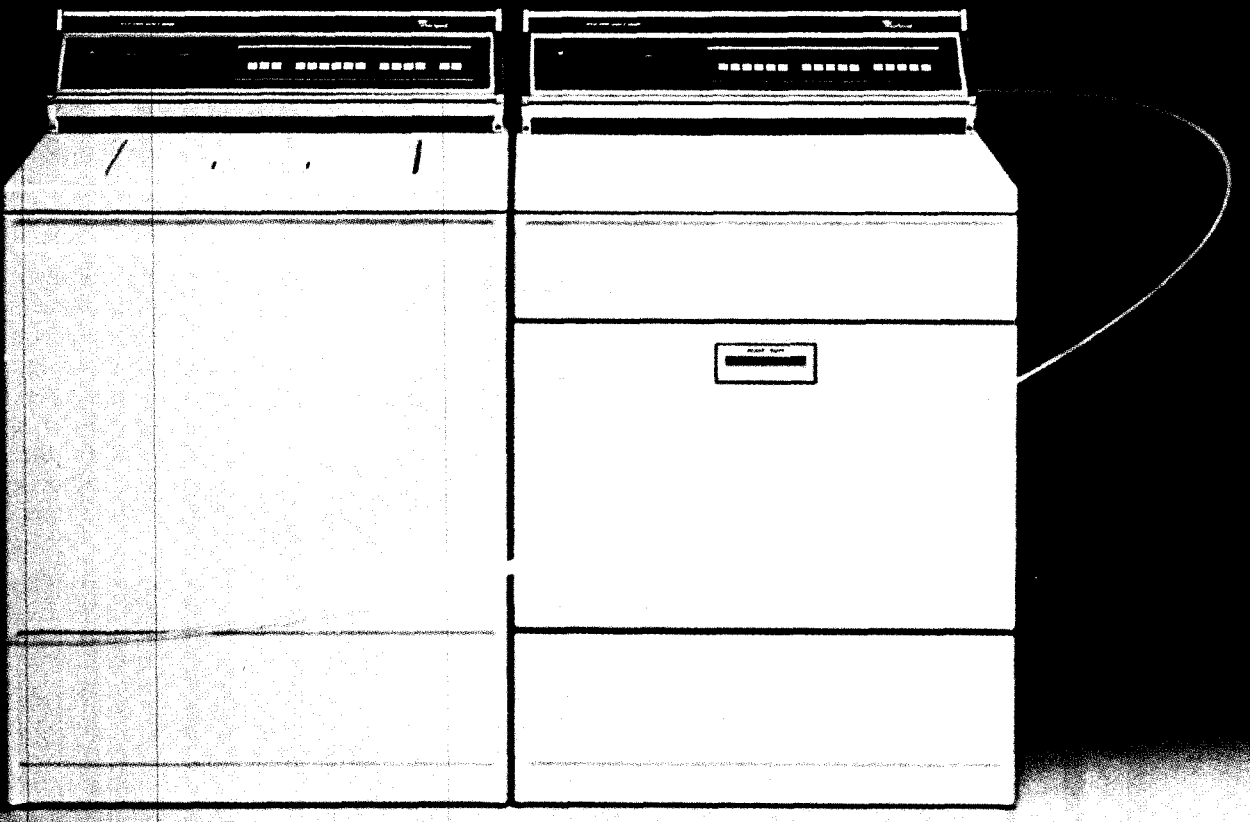

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Post People

"God's merry saint," evangelist *Billy Graham* dubbed her. *Corrie ten Boom's* story of heroic faith may become the most far reaching and important of all the testaments of faith that emerged from the holocaust of World War II, for the Dutch lady who organized and led an underground movement to save Jews from Nazi persecution has continued her efforts for another four decades, saving souls around the world. She has often delivered her gospel messages four or five times a day in every place from palaces to prisons and used every form of transportation from elephants to rickshas to reach those most in need. Her book, *The Hiding Place*, which was later made into a movie, has sold more than six million copies. She has also coauthored many other books, including *Tramp for the Lord, Amazing Love* and *A Prisoner and Yet*.

"Her stamina astounded me," says Graham of his meeting with her 20 years ago, when she was 70. "There were times when we thought Corrie should slow down, but she possessed an intense concern for souls and for the times in which we live." Graham's tribute appears in a new biography of Corrie ten Boom by Carole C. Carson to be published by Fleming H. Revell Company early next year.

Today, at age 90, Corrie ten Boom lies ill in a nursing home in California. Would it be too much to ask our *Post* readers who have within their hearts a hiding place for compassion and admiration to mail a card of encouragement to this great lady? Cards may be sent to the following address: Corrie ten Boom, P.O. Box 2040, Orange, California 92669.

Holly Coors

Carole Sonju (above, left), wife of ***Norm Sonju,*** general manager of the Dallas Mavericks basketball team, and ***Caroline Hunt***, wife of ***Bunker Hunt***, meet in Dallas to further the cause of the STEP (Strategies to Elevate People) Foundation.

Under the leadership of the ***Rev. E.V. Hill***, STEP is interested in creating local support for successful community programs that answer the problems of poverty.

Holly Coors

In the market for an Egyptian mummy? They've got them at the Fenn Gallery in Santa Fe, New Mexico, where ***Peggy*** and ***Forrest Fenn*** have accumulated a potpourri of unique antiquities and *objets d'art* from around the world. Their specialty is American Indian art.

After 20 years as a fighter pilot in the Air Force, Forrest was ready for another way of making a living. "What I really wanted to do was collect Indian artifacts," he says. "But I didn't have the money; so we started this gallery." Today, after ten years in the artifacts business, Fenn Gallery has worked up an inventory valued at $18 million.

The gallery welcomes an average of 200 visitors a day. Among their clients, the Fenns boast such celebrities as ***Robert Redford*** and ***John Connally***. Here visitors browse among Western and Indian art, South American artifacts, pre-Columbian gold objects, Egyptian sarcophagi, sculpture, paintings and other treasures of superb quality. While they're asking as much as $750,000 for their most valuable possessions, others go at somewhat more affordable rates—as low as $350.

The play was the new thing thi year for Olympic athlete ***Bruce (Li' Abner) Jenner***, who, with wife ***Lin da Thompson (Daisy Mae) Jenner*** opened in *Li'l Abner* at Summerfes '82 in Birmingham, Alabama. I was Jenner's stage debut, the onl entertainment hurdle he had not ye tried following his film debut i *Can't Stop the Music* in 1980, hi television coverage for NBC an ABC and his books. More accus tomed to beautifying rustic sets as regular on "Hee Haw," Linda, former Miss Tennessee Universe also guests frequently on prime-tim series and talk shows.

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The symbols of nature represented in the Japanese Floral Calendar have been handed down across scores of generations, and today the Japanese continue to feel a true reverence for the Floral Calendar.

In the same manner, the sensitive art of Chokin has been handed down from father to son for more than 700 years. Created by etching solid copper and gilding it with gold and silver, the stunning Chokin master-works first appeared on the armaments of the mighty Samurai warriors in the late 12th Century.

Unfortunately, today there are few surviving masters of the Chokin art style. But one of these great artists, Shuho, was retained to design and hand-engrave the "New Year's Day" art of pine and crane exclusively for The Hamilton Collection.

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New Year's Day is the first issue of a 12-plate series honoring all the months in the Japanese Floral Calendar. By ordering now, you will also be guaranteed the right to acquire all subsequent 11 plates in the collection, and at the same, guaranteed issue price of only $32.50 per plate. *But there will never be any obligation to acquire or even to receive another plate.* Furthermore, you may inspect "New Year's Day" in your home for 30 days, with the option of returning it at any time during that period for a prompt and unquestioned refund of everything you have paid.

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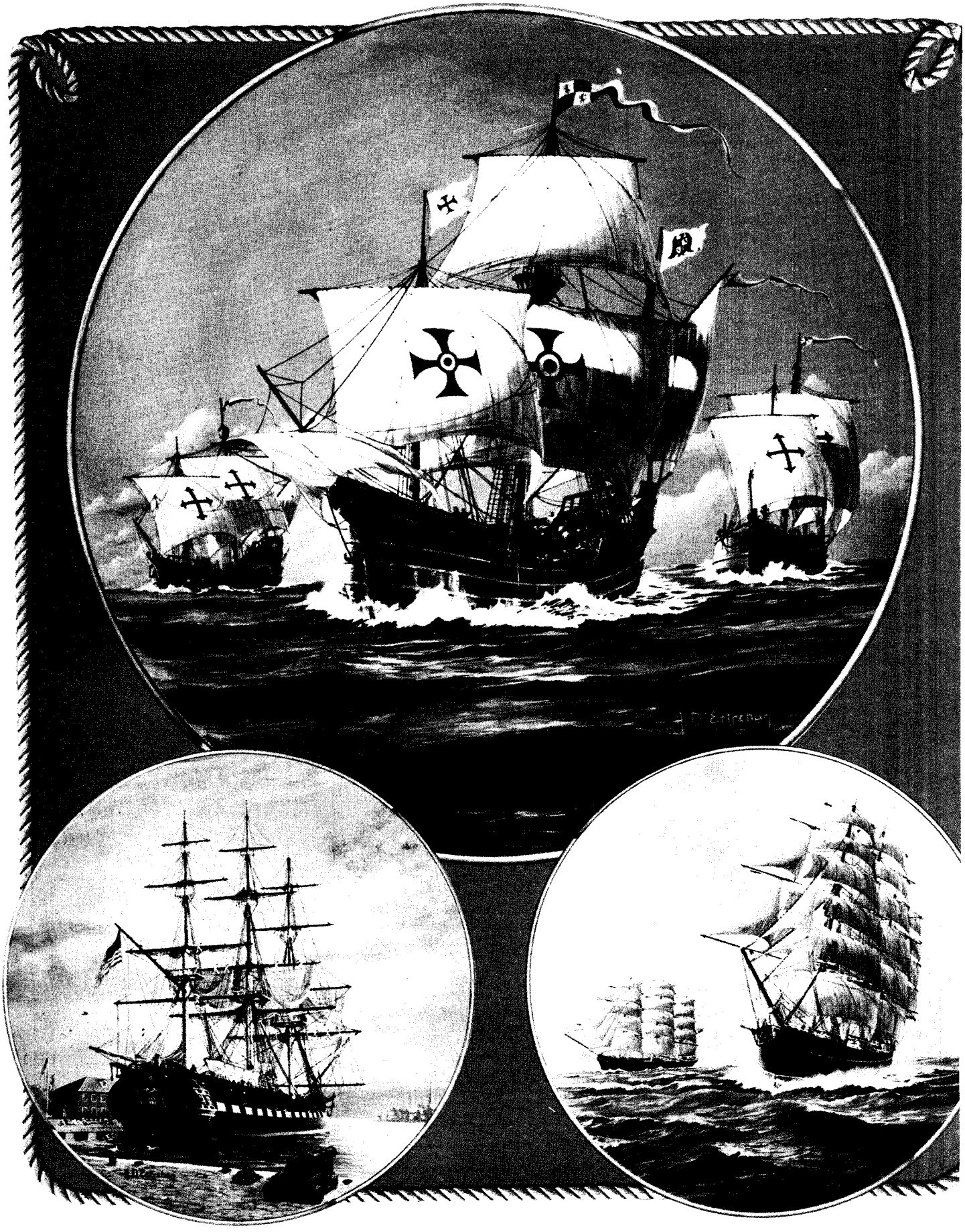

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Alan D'Estrehan's *Two Thousand Years of Sailing Ships* will be issued in a single limited edition which will be permanently closed at the end of 1984. To forever certify the collection's Limited Edition status, each plate will be accompanied by a signed Certificate of Authenticity and historic literature on each magnificent ship.

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SHORT TAKES

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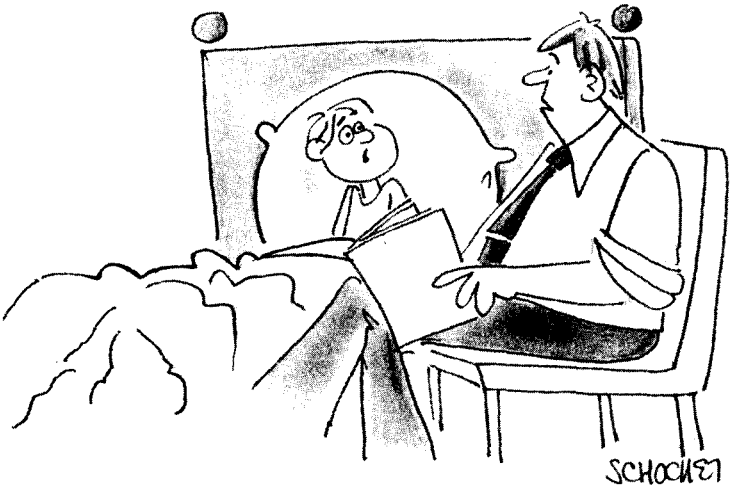
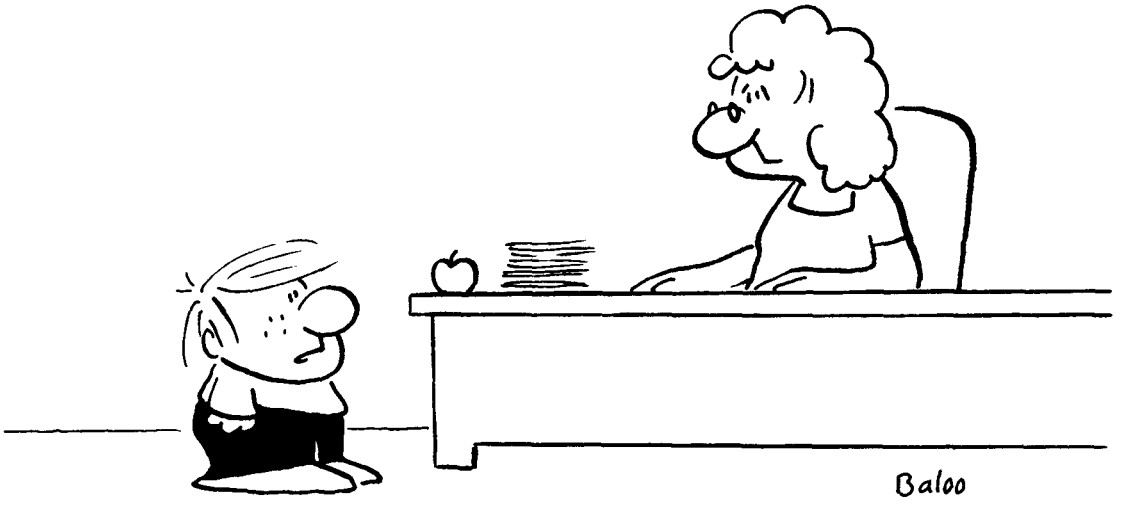
"Mother, I learned a new word in school today. . .concubine!"



"Throw in a commercial, Dad. I have to go to the bathroom."



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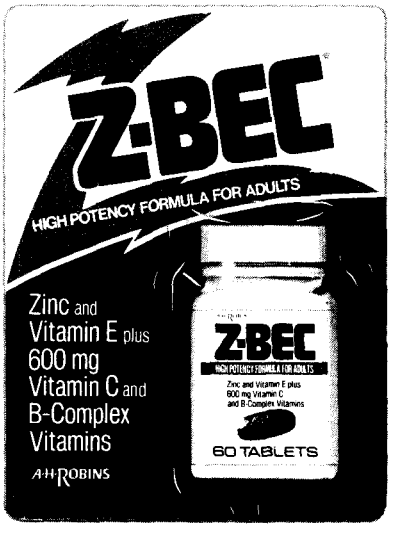

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IN SUPPORT GOOD POSTURE

e position in which you sit or sleep can make a difference in the way you look and feel.

by Robert Roaf

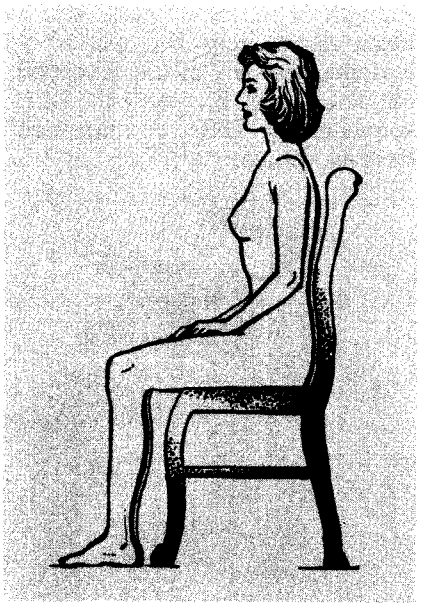
A child can sleep happily in a vast number of bizarre postures and suffer no ill effects. As we grow older, our muscles and joints become less tolerant, and if we sit or lie down with joints in a strained position, they will be painful. It is well recognized that a sagging mattress can precipitate acute backache in a predisposed subject and that firm support, e.g., a board under the mattress or sleeping on a mattress on the floor, is a useful therapeutic measure for backache.

Some people wake frequently at the slightest abuse of their joints; others (perhaps with artificial aids to sleep) sleep very heavily and then wake up in severe pain. It is undesirable to be too long in a strained posture and better to change posture at intervals and move about.

Equally, the posture we adopt in sitting at ease—reading or watching television—is important. The same rules apply as elsewhere—the posture should be maintained with a minimum of muscular effort, i.e., the body should be symmetrical, and the centers of gravity of the various trunk segments should be situated as near as possible to a vertical line through the lumbo-sacral joint. Back sufferers also find that chairs with arms are useful because they can use their own arms as partial trunk supports.

Sitting in a car often enforces a strained posture, particularly if visibility is bad when the driver tends to bend forward to move his head as close to the windscreen as possible. A cushion or special back rest to support the lumbar lordosis is desirable. The chief prophylactic, however, is change of position, i.e., get up and stretch.

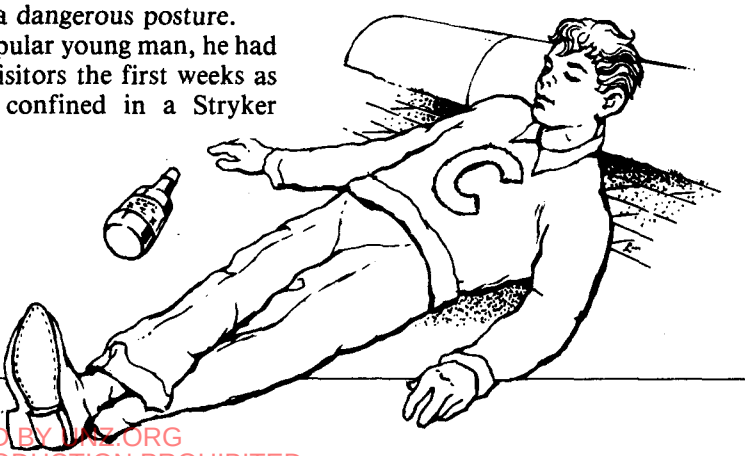
There are very few more pleasant sensations than waking up refreshed after a tranquil sleep. Good posture is one of the components of restful sleep. Children have the capacity to sleep in the most extraordinary positions without suffering any harm. The posture of babies while asleep is, however, important; if fully supine, a small baby may choke and suffocate if its stomach regurgitates, and there is some evidence that a baby's postural reflexes develop



If you have a choice, always sit on a chair with a horizontal seat level with the fold in the back of your knee.

Editor's note: Poor posture may not kill you, but it can come close, as in the case several years ago of a young college student who spent the night, following a drinking party, with his head reclining on a cement curb where his fraternity brothers had carefully deposited him. When he awoke from his very sound sleep, in this terrible position on a concrete pillow, he was horrified to discover he was paralyzed from the neck down. His nerves, depressed by alcohol, had failed to tell him he was in a dangerous posture.

A popular young man, he had many visitors the first weeks as he lay confined in a Stryker frame. I watched each day on hospital rounds, and as weeks went by, visitors dwindled to his family and girl friend. By the end of my duty on the neurology service, he was down to a daily feeding by his mother and rare visits by others. Barring some breakthrough, he was paralyzed for life.—*C.S.*



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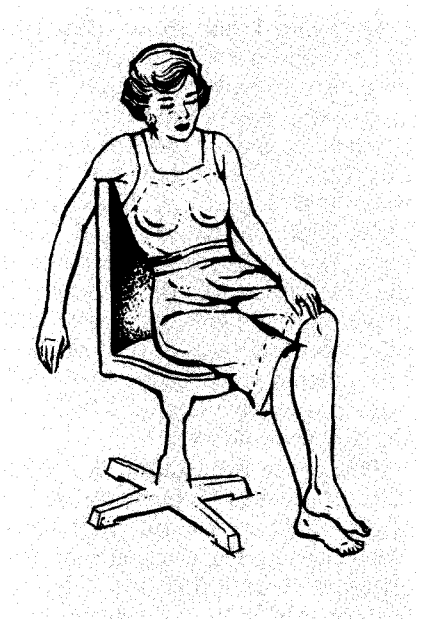


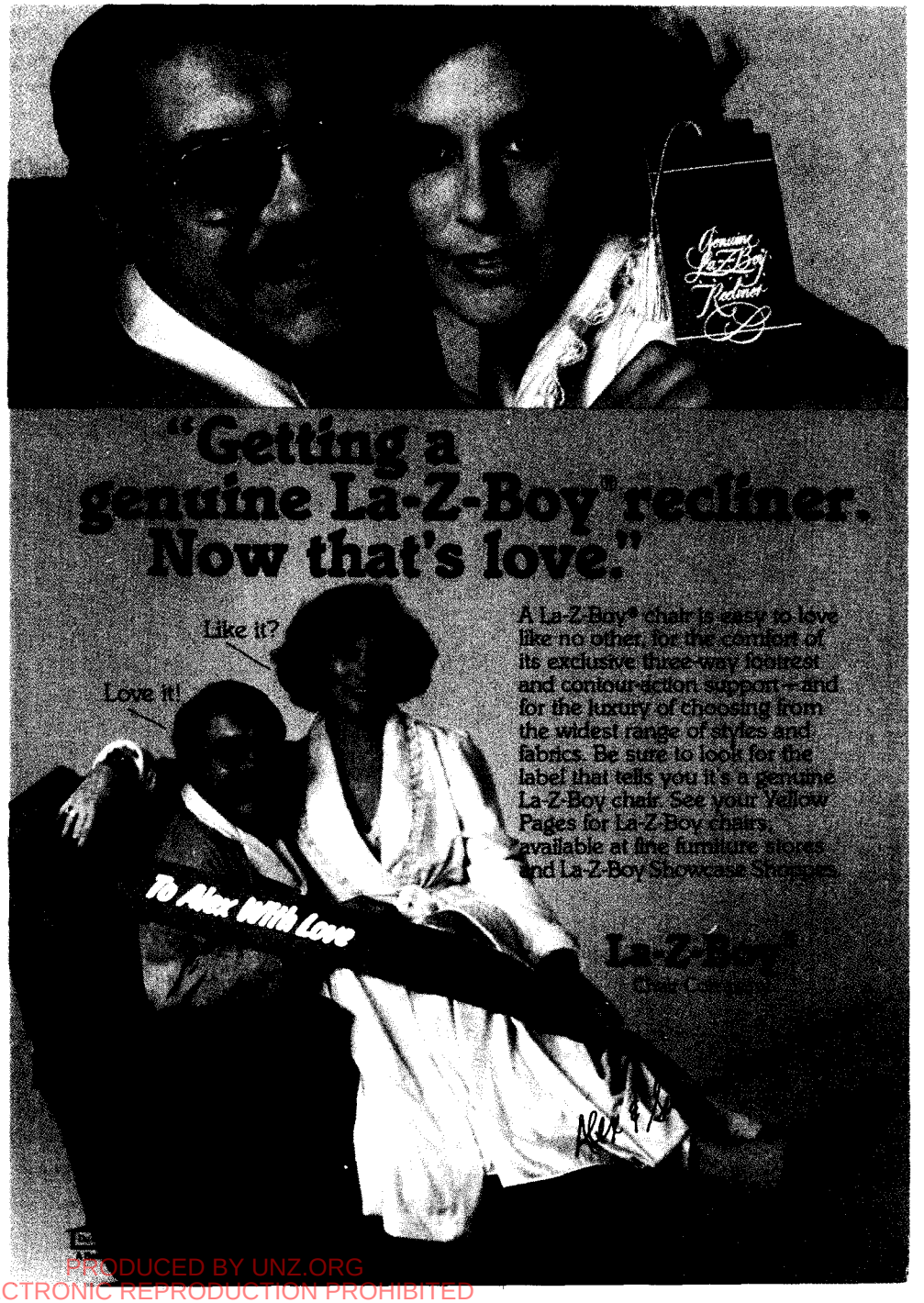
Such posture in a chair, especially should one fall asleep, can cause undue pressure on the radial nerve.

more quickly if it is placed in the prone position. Equally, of course, the posture of an unconscious patient is important, and such patients must be placed with the head on one side as if they were babies. Paralyzed patients who cannot move themselves also require careful attention to posture if joint contractures and skin ulceration are to be avoided.

The posture of adults while asleep is very important. If deeply unconscious due to drugs or alcohol, they face the same risks as patients who are unconscious from other causes. In addition, prolonged pressure on arms or legs may lead to nerve paralysis, arterial occlusion and skin ulceration. The classic example is so-called "Saturday night paralysis" in which an inebriated person falls asleep with one arm over the back of a chair. He wakes up with a paralyzed arm; this is similar to so-called crutch palsy.

Leaving aside these gross examples, sleeping in a bad posture leads to strain on joints precipitating an attack of lumbago, sciatica and brachial neuritis. Again, it is not uncommon for a person who sleeps on his side or in a semiprone position to press on one or the other hand causing pain, tingling, stiffness and even temporary paralysis. Not enough attention is given to proper posture while asleep. It is true that most people move in their sleep every 10 to 15 minutes, but it is undesirable for older people to lie with their joints in a strained position for more than a short time. The ideal resting position is with all joints in a relaxed position and not subject to any strain; indeed, no area of the body should be subject to more than a minimum pressure.

Recent work with the computerized body scanner has shown that the distribution of blood to various parts of the body varies with posture. In the upright position, the bases of the lungs have a greater blood flow than the apices; in the supine position, the posterior portions have greater blood flow; and in a lateral position, the blood vessels are dilated on the dependent side. The influence of posture on cardiovascular function has long been studied in traditional Yoga practice. Yogi postures, such as the Dhanurasana bow, lying on one's stomach and grasping the ankles, and the Halasana plough, lying on the back, bringing the legs over the head to touch the toes on the floor, are said to improve physical and mental condition. It will be interesting to see how far modern investigation can confirm their claims, for it is becoming apparent that posture at rest has a definite effect on the whole body. ❦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THE NEW EVIDENCE FOR VITAMIN E

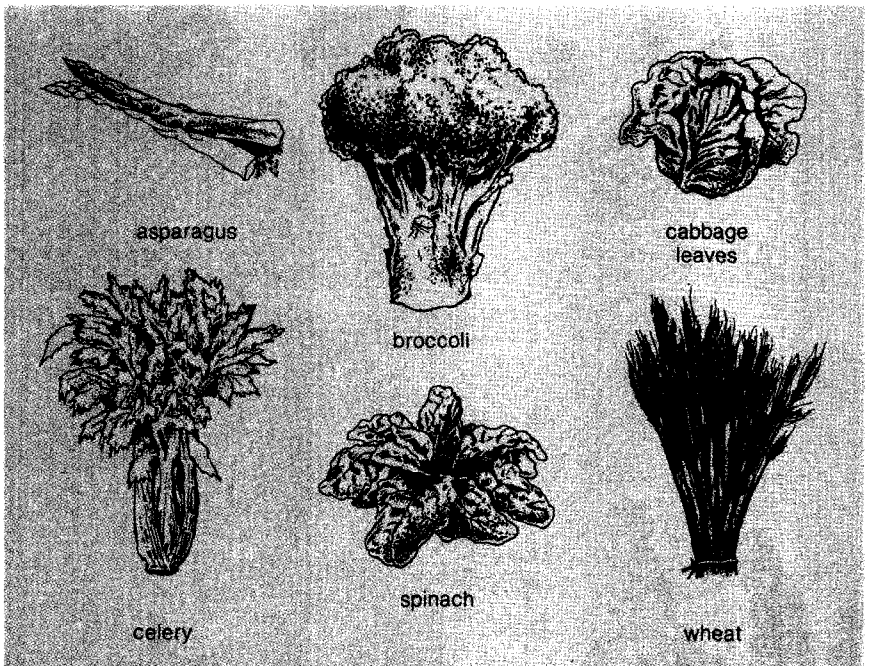
Evidence grows that prevention of cardiovascular disease and a slowing of the aging process may be attributable to vitamin E. Meanwhile, the search for proof continues.

by B. A. Vinocur

Last November, researchers from around the world gathered at a meeting sponsored by The New York Academy of Sciences to review the current state of knowledge regarding vitamin E. That meeting, plus evidence that has been accumulating over the last few years, has placed vitamin E in a new and exciting light.

Times, however, were not always quite so rosy for vitamin E. Maligned by many members of the scientific community and joked about by comedians, vitamin E took more than its share of lumps. Despite that, interest in the compound continued.

The furor was initially fueled by two physicians, cardiologist Wilfrid Shute and his now deceased brother, obstetrician Evan Shute. Based on nearly four decades of clinical experience, they proclaimed, in the late 1960s, that vitamin E was a useful therapy and/or cure for a variety of different ills. Included in the list were angina pectoris, blood clots, high blood pressure and even diabetes. Wilfrid Shute believes in the usefulness of the vitamin in preventing ailments such as atherosclerosis. And he is critical of those in medicine who, because of their skepticism, have denied a valuable therapy to millions.



Wheat germ is the best natural source of vitamin E available, containing 11 milligrams per half cup. Other sources of vitamin E are oatmeal, broccoli, asparagus, celery and spinach, all of which contain moderate amounts. Much of the vitamin E in cabbage, though, is in the outer leaves, which generally are not eaten. Many vegetable oils would be good sources of vitamin E, but the deodorization process removes the odor and the vitamin E along with it; hydrogenation then strips away any remaining vitamin E. White bread has virtually no vitamin E because the vitamin-rich wheat germ has been removed. The canning process, too, leaves only a fraction of the original vitamin E in canned vegetables. It is therefore best to eat fresh vegetables, since our processing systems take vitamin E out of our everyday food

The key in the vitamin E/cardiac connection now appears to be the effect of vitamin E on cholesterol. There are two basic varieties of cholesterol. One, the low density lipoproteins or LDL, leads to atherosclerosis. The other, high density lipoproteins or HDL, acts like a scavenger removing cholesterol from the blood vessel walls and carrying it to the liver where it can be removed from the body. Therefore, HDL can be said to offer protection against atherosclerosis.

Studies have shown that people with higher levels of HDL have a decreased incidence of coronary-artery disease. The risk of dying from a heart attack appears to be tied to the level of HDL. If more than 30 percent of your blood cholesterol is of HDL variety, your risk of dying from a coronary before age 60 is in the range of 10 to 15 percent. But if your HDL level is below 10 percent, the risk skyrockets to 60 to 75 percent.

A study done by Dr. Charles Glueck at the University of Cincinnati College of Medicine looked at groups of people who characteristically lived into their 80s and 90s. What stood out was that they had unusually high levels of HDL. What Glueck's work and that of others has shown is that two people with identical levels of blood cholesterol may be at entirely different risks for cardiovascular disease because their levels of HDL are different.

What determines the level of HDL? The principal factor appears to be genetic; however, even those with low levels of HDL and high levels of LDL need not view this as a death sentence. There is something you can do to alter the genetic cards

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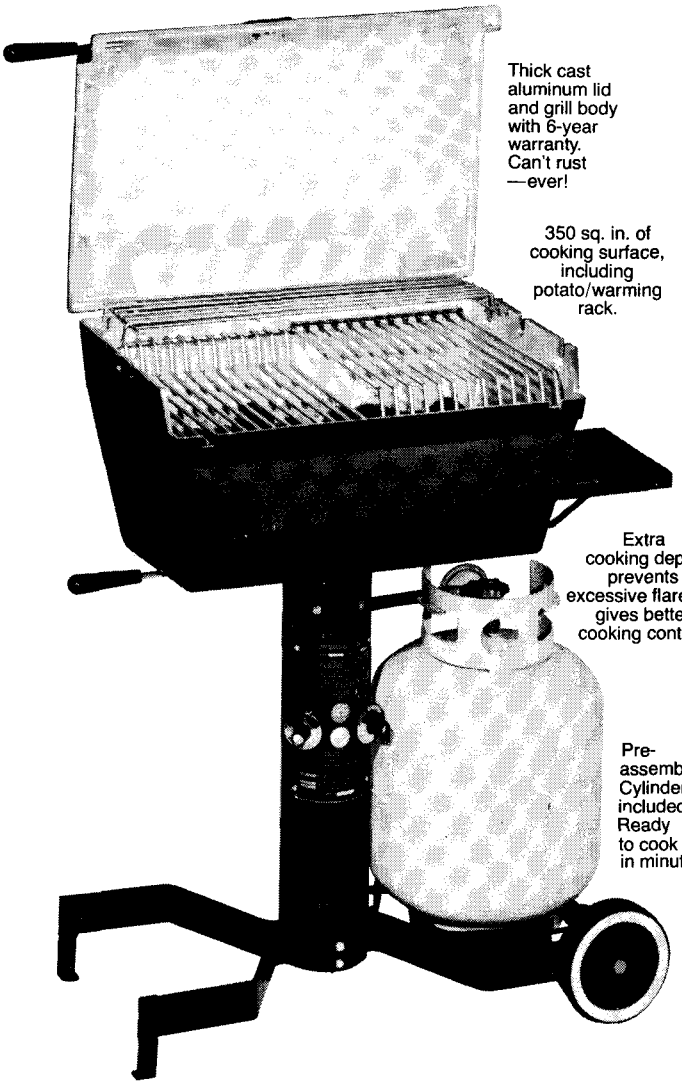

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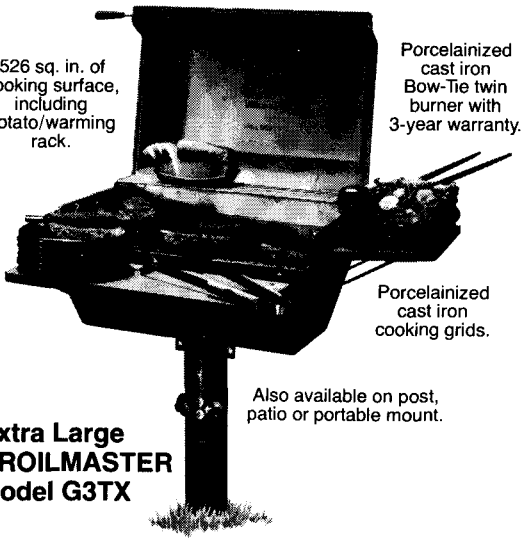

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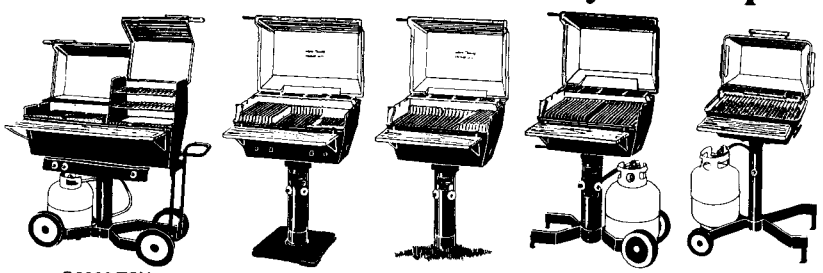

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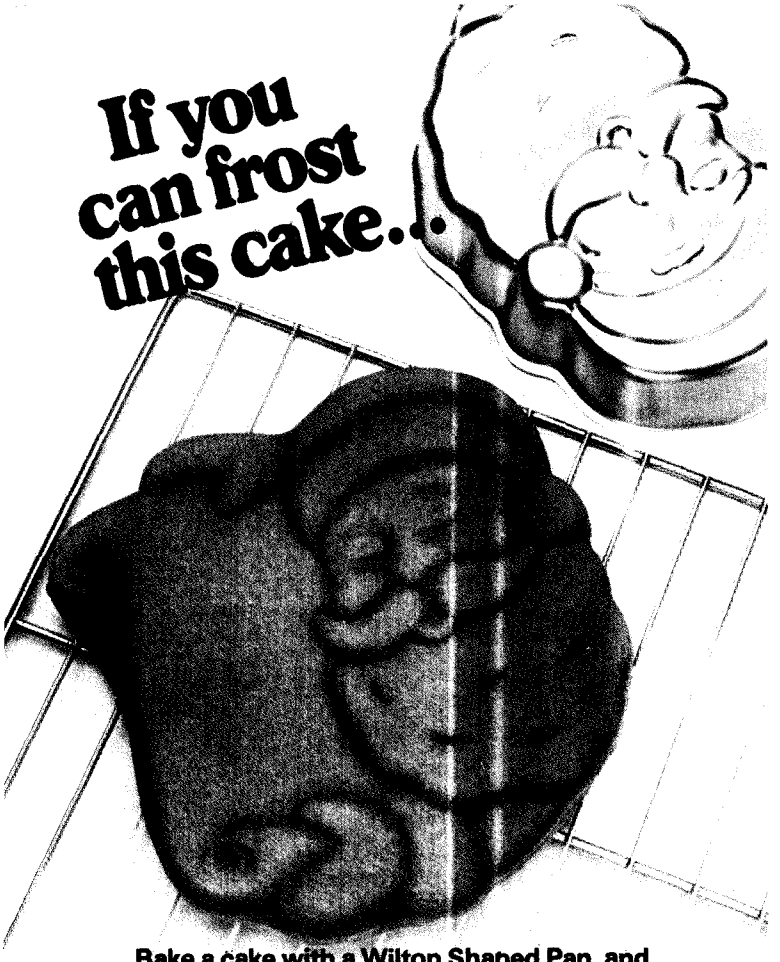

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you've been dealt. Obesity, smoking, poor control of diabetes and the use of certain types of birth control pills (progesterone-containing oral contraceptives) have been associated with decreased levels of HDL. Exercise, small amounts of alcohol (one or two mixed drinks a day) and good diet have been associated with increased levels of HDL.

But perhaps the most controversial area within the HDL/LDL discussion is the use of vitamin E. William J. Hermann, Jr., M.D., a pathologist and director of the Department of Laboratory Medicine at Houston's Memorial City General Hospital has shown in controversial experiments that vitamin E supplementation can increase the level of HDL. In his studies, vitamin E seemed to stabilize the level of HDL at about 30 percent. Patients with the lowest level of HDL were benefitted most by the vitamin. Over the shouts of critics, Hermann states that the effect seems very real in those under the age of 35; in "older patients," the beneficial effect of vitamin E on increasing HDL levels is not predictable.

Hermann said, "I first observed this effect on myself, and since, I've documented it and redocumented it in others. I feel confident that if others adhere to the criteria I'm following they'll see the same thing. However, I'm not arguing that everyone should begin vitamin E. What I'm saying is that my data emphasize the need for more studies. After all, this represents a potentially important therapeutic tool." Hermann added that patients who will benefit from vitamin E usually show the desired effect within 30 days of beginning the vitamin.

Other evidence supporting Hermann's findings has come from Dr. Joseph J. Barboriak and his colleagues at the Wood VA Medical Center and the Medical College of Wisconsin in Milwaukee. While others such as Herbert J. Kayden, M.D., of New York University's School of Medicine remain unconvinced, Hermann and others are calling for a large definitive study that would answer the question once and for all.

Another effect of vitamin E has been reported by Manfred Steiner, M.D., Ph.D., professor of medicine at Brown University's School of Medicine and associate director of hematology at Memorial Hospital in Pawtucket, Rhode Island. "Our research has shown that vitamin E can decrease the stickiness of platelets while not interfering with their ability to help blood clot." Again, the implications of Steiner's work relate to blood vessels. Several studies have indicated that, by taking regular small doses of aspirin, people may be able to reduce the risk of coronary-artery disease and, in susceptible individuals, blood clots. This is because of the effect of aspirin on platelets, the tiny cells in the blood that play an important role in blood clotting. If the same effect can be achieved by taking vitamin E, it means that patients could derive multiple benefits from the chemical. Steiner and his colleagues are currently at work collecting more data on the subject.

Other exciting news about vitamin E relates to its effects on the conversion of chemicals called amines to carcinogenic nitrosamines, an effect vitamin E shares with vitamin C. The key in the transformation is some-

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thing called a nitrosating agent. It acts upon amines, converting them to potentially deadly nitrosamines. "We found that both vitamin E and C are capable of intercepting that nitrosating agent on its way to attacking an amine to form a nitrosamine. They get in the way of it and prevent that reaction from occurring," commented William A. Mergens, Ph.D., a chemist with the pharmaceutical manufacturing firm of Hoffman-La Roche in Nutley, New Jersey.

Mergens emphasized that vitamins E and C may have important roles besides the ones they perform as vitamins. "They appear to prevent unwanted chemical reactions right in the gastrointestinal tract," he said. Mergens added that one way to prevent these unwanted reactions would be to add the vitamins directly to processed foods that are high in nitrites. "Here I'm not speaking about taking vitamins E and C as supplements, but rather of a public health measure. In principle, what we're saying is, for example, introducing vitamin E during the processing of bacon to let it migrate into the fat portion of the bacon. Then, at the time of frying, you prevent these unwanted chemical reactions from taking place," Mergens said. "Bacon as the customer buys it doesn't have nitrosamines in it. They're formed in the frying pan." Mergens said that his research shows that the vitamin E wouldn't affect any of the other aspects of food preservation—for example, the system that acts to prevent botulism.

Other research has demonstrated that vitamin E can also help prevent harmful effects in the lungs resulting from pollutants in the air, such as those from cigarette smoke and car exhausts. And in studies at the National Cancer Institute by Dr. Charles Myers, treated mice were able to survive 100 percent more radiation than control mice who were deficient in vitamin E and a trace mineral called selenium.

There are still other uses for vitamin E. Some of the most important ones documented so far are in premature babies. If the level of vitamin E in their blood is too low, they can develop a serious anemia. The tiny infants are also at risk for a problem with the imposing name of retrolental fibroplasia (RLF). RLF, in its mildest forms, produces minimal visual impairment; in its most severe form, it results in blindness. It can occur when the eyes of very immature infants are exposed to high levels of oxygen. Unfortunately, without oxygen many of the infants would die. So doctors caring for them must walk a tightrope balancing the amount of oxygen against the risk of RLF. Doctors reported last year in the *New England Journal of Medicine* that premature infants receiving vitamin E from birth had fewer severe eye problems than infants not receiving it.

And, if all that were not enough, it appears that vitamin E may have yet another effect. It may slow down the aging process. This theory, advanced by many respected scientists, is called the free-radical theory of aging. While complicated, the theory basically says that chemical reactions take place in the body that damage the body's cells. And not only

continued on page 112

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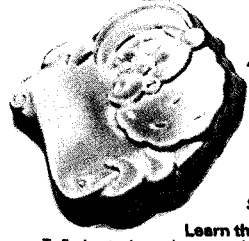

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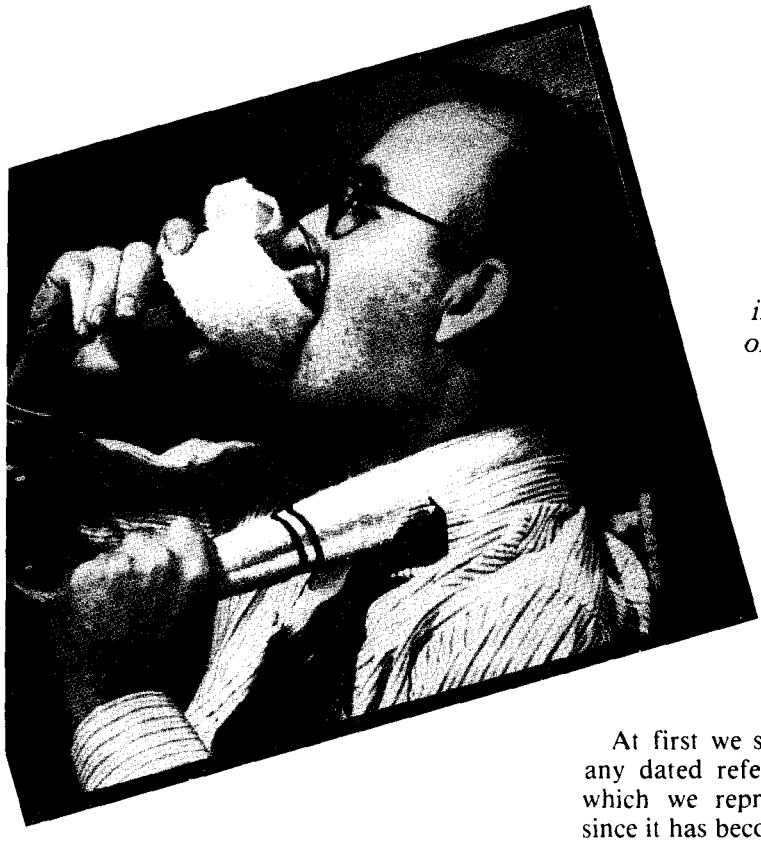

ALCOHOLICS ANONYMOUS

Many doctors and staffs of institutions now consider this organization of "blood brothers" to be the greatest thing they can offer the alcoholic.

by Jack Alexander

Editor's Note: The following is excerpted from a reader's letter:

"Your magazine did the ultimate service for my father in 1942, and I never thanked you for it.

"My father was an alcoholic and had been for a number of years. . . he was a physical wreck, having DTs and not able to take care of his business. I sent for a reprint of *The Saturday Evening Post* article about AA and took my father to the nearest chapter meeting, 50 miles away. While lying in bed having the shakes and clutching his AA book in his hands, he swore he would never take a drink again. . . .

"I am convinced that my father was in such poor physical condition that he would not have lived very long, and it was your story on AA that saved him in the very nick of time. Within a few months, he had an AA group started in our town and his business flourished. Until his death at the age of 74, he never did stop working through AA to help other alcoholics.

"Our town now has five AA groups. . . . Unfortunately, they seem to be getting more very young alcoholics. Maybe this would be a good time to repeat the AA story, in the nick of time for some of the most miserable people on earth.

—*Anonymous*"

At first we set about to edit out any dated reference in the article, which we reprint here. However, since it has become a classic in good journalism, we voted to rerun it exactly as it appeared in 1941, in two installments. We will follow this with an update of the AA as it is today. Anyone wishing to be helped or to help other alcoholics is urged to look for the AA listing in a telephone directory or write to General Service Office, P.O. Box 459, Grand Central Station, New York, NY 10163.

Three men sat around the bed of an alcoholic patient in the psychopathic ward of Philadelphia General Hospital one afternoon a few weeks ago. The man in the bed, who was a complete stranger to them, had the drawn and slightly stupid look that inebriates get while being defogged after a bender. The only thing that was noteworthy about the callers, except for the obvious contrast between their well-groomed appearances and that of the patient, was the fact that each had been through the defogging process many times himself. They were members of Alcoholics Anonymous, a band of ex-problem drinkers who make an avocation of helping other alcoholics to beat the liquor habit.

The man in the bed was a mechanic. His visitors had been educated at Princeton, Yale and Pennsylvania and were, by occupation, a salesman, a lawyer and a publicity man. Less than a year before, one had been in shackles in the same ward. One of his companions had been what is known among alcoholics as a sanitarium commuter. He had moved from place to place, bedeviling the staffs of the country's leading institutions for the treatment of alcoholics. The other had spent 20 years of life, all outside institution walls, making life miserable for himself, his family and his employers, as well as sundry well-meaning relatives who had had the temerity to intervene.

The air of the ward was thick with the aroma of paraldehyde, an unpleasant cocktail smelling like a mixture of alcohol and ether which hospitals sometimes use to taper off the paralyzed drinker and soothe his squirming nerves. The visitors seemed oblivious to this and of the depressing atmosphere that clings to even the nicest of psychopathic wards. They talked with the patient for 20 minutes or so, then left their personal cards and departed. If the man in the bed felt that he would like to see one of them again, they told him, he had only to put in a telephone call.

They made it plain that if he actually wanted to stop drinking, they would leave their work or get up in the middle of the night to hurry to where he was. If he did not choose to call, that would be the end of it. The members of Alcoholics Anonymous do not pursue or coddle a malingering prospect, and they know the strange tricks of the alcoholic as a reformed swindler knows the art of bamboozling.

continued on following page

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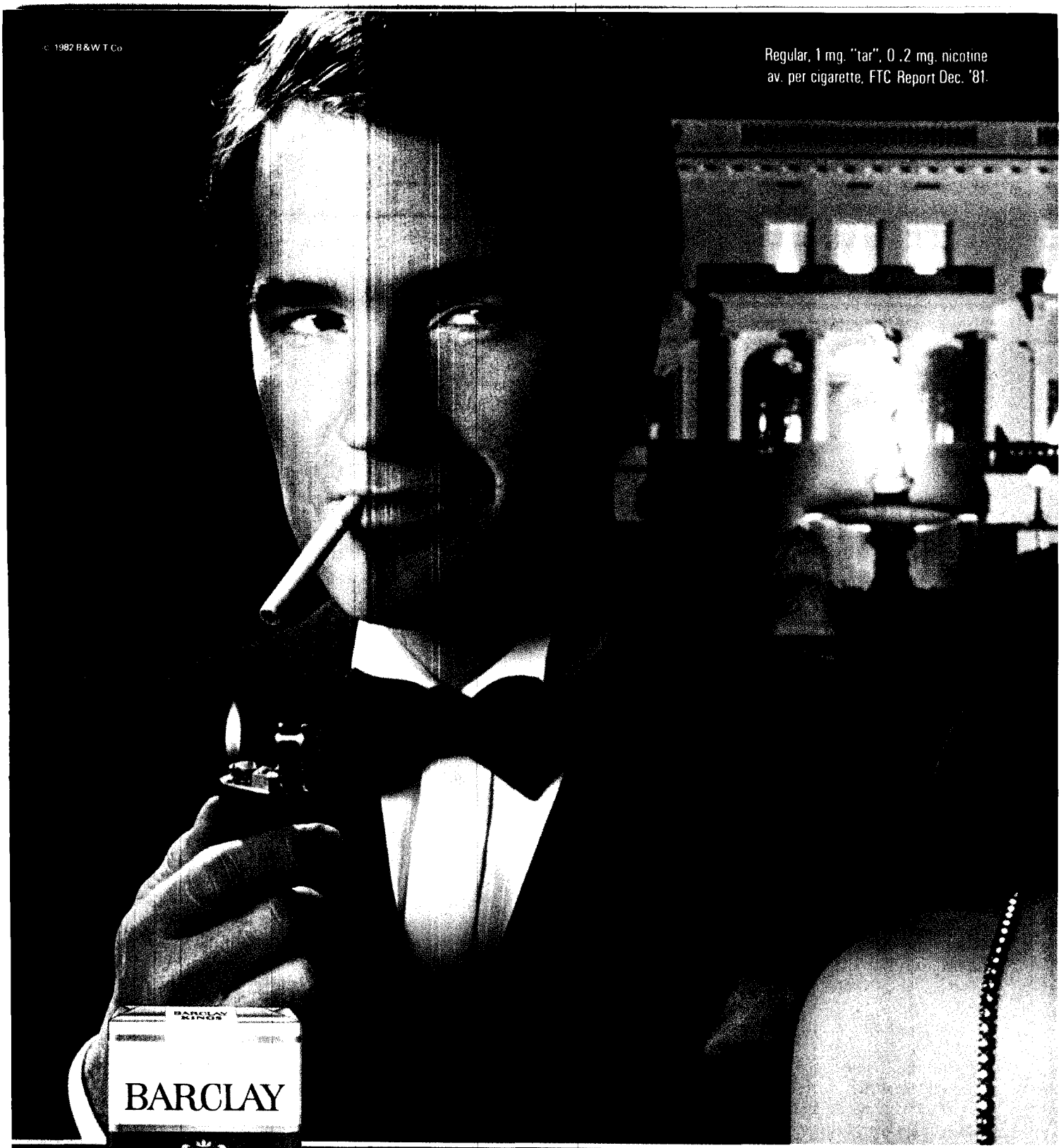
© 1982 B&W T Co

Regular, 1 mg. "tar", 0 .2 mg. nicotine
av. per cigarette, FTC Report Dec. '81.



The pleasure is back.

BARCLAY

99% tar free.™

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Herein lies much of the unique strength of a movement which, in the past six years, has brought recovery to around 2,000 men and women, a large percentage of whom had been considered medically hopeless. Doctors and clergymen, working separately or together, have always managed to salvage a few cases. In isolated instances, drinkers have found their own methods of quitting. But the inroads into alcoholism have been negligible, and it remains one of the great unsolved public-health enigmas.

By nature touchy and suspicious, the alcoholic likes to be left alone to work out his puzzle, and he has a convenient way of ignoring the tragedy which he inflicts meanwhile upon those who are close to him. He holds desperately to a conviction that, although he has not been able to handle alcohol in the past, he will ultimately succeed in becoming a controlled drinker. One of medicine's queerest animals, he is, as often as not, an acutely intelligent person. He fences with professional men and relatives who attempt to aid him, and he gets a perverse satisfaction out of tripping them up in argument.

There is no specious excuse for drinking which the trouble shooters of Alcoholics Anonymous have not heard or used themselves. When one of their prospects hands them a rationalization for getting soused, they match it with half a dozen out of their own experiences. This upsets him a little and he gets defensive. He looks at their neat clothing and smoothly shaved faces and charges them with being goody-goodies who don't know what it is to struggle with drink. They reply by relating their own stories—the double Scotches and brandies before breakfast; the vague feeling of discomfort which precedes a drinking bout; the awakening from a spree without being able to account for the actions of several days and the haunting fear that possibly they had run down someone with their automobiles.

They tell of the eight-ounce bottles of gin hidden behind pictures and in caches from cellar to attic; of spending whole days at the movies to stave off the temptation to drink; of sneaking out of the office for quickies during the day. They talk of losing jobs and stealing money from their wives' purses; of putting pepper into whisky to give it a tang; of tippling on bitters and sedative tablets, or on mouthwash or hair tonic; of getting into the habit of camping outside the neighborhood tavern ten minutes before opening time. They describe a hand so jittery that it could not lift a pony to the lips without spilling the contents; of drinking liquor from a beer stein because it can be steadied with two

hands, although at the risk of chipping a front tooth; of tying an end of a towel about a glass, looping the towel around the back of the neck and drawing the free end with the other hand, pulley fashion, to advance the glass to the mouth; of hands so shaky they feel as if they were about to snap off and fly into space; of sitting on hands for hours to keep them from doing this.

These and other bits of drinking lore usually manage to convince the alcoholic that he is talking to blood brothers. A bridge of confidence is thereby erected, spanning a gap which has baffled the physician, the minister, the priest or the hapless relatives. Over this connection, the trouble shooters convey, bit by bit, the details of a program for living which has worked for them and which, they feel, can work for any other alcoholic. They concede as out of their orbit only those who are psychotic or who are already suffering from the physical impairment known as wet brain. At the same time they see to it that the prospect gets whatever medical attention is needed.

Many doctors and staffs of institutions throughout the country now suggest Alcoholics Anonymous to their drinking patients. In some towns, the courts and probation officers cooperate with the local group. In a few city psychopathic divisions, the workers of Alcoholics Anonymous are accorded the same visiting privileges as staff members. Philadelphia General is one of these. Dr. John F. Stouffer, the chief psychiatrist, says: "The alcoholics we get here are mostly those who cannot afford private treatment, and this is by far the greatest thing we have ever been able to offer them. Even among those who occasionally land back in here again we observe a profound change in personality. You would hardly recognize them."

The *Illinois Medical Journal*, in an editorial last December, went farther than Doctor Stouffer, in stating: "It is indeed a miracle when a person, who for years has been more or less constantly under the influence of alcohol and in whom his friends have lost all confidence, will sit up all night with a 'drunk' and at stated intervals administer a small amount of liquor in accordance with a doctor's order without taking a drop himself."

This is a reference to a common aspect of the Arabian Nights' adventures to which Alcoholics Anonymous workers dedicate themselves. Often it involves sitting upon, as well as up with, the intoxicated person, as the impulse to jump out a window seems to be an attractive one to many alcoholics when in their cups. Only an alcoholic can squat on another alcoholic's chest for hours with the proper combination of discipline and sympathy.

During a recent trip around the

continued on page 100

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Our blocks have a mouse in them.

Before you go "Eeeeeeeek," we should tell you that this mouse's name is Mickey.

And that he's only one of many famous characters in our new Disney Loc Bloc® sets.

There's also Donald Duck, Pluto, Minnie, and Snow White and the Dwarfs.

By developing sets like these, we're giving mothers building blocks that are as imaginative as the children that use them. We also have Smurf™ Loc Blocs, Elephant Loc Blocs, Zebra Loc Blocs, even Sub-Space Flitter Loc Blocs (whatever that is).

Loc Blocs are so innovative they give you almost anything you could want in children's building blocks.

Including a mouse.

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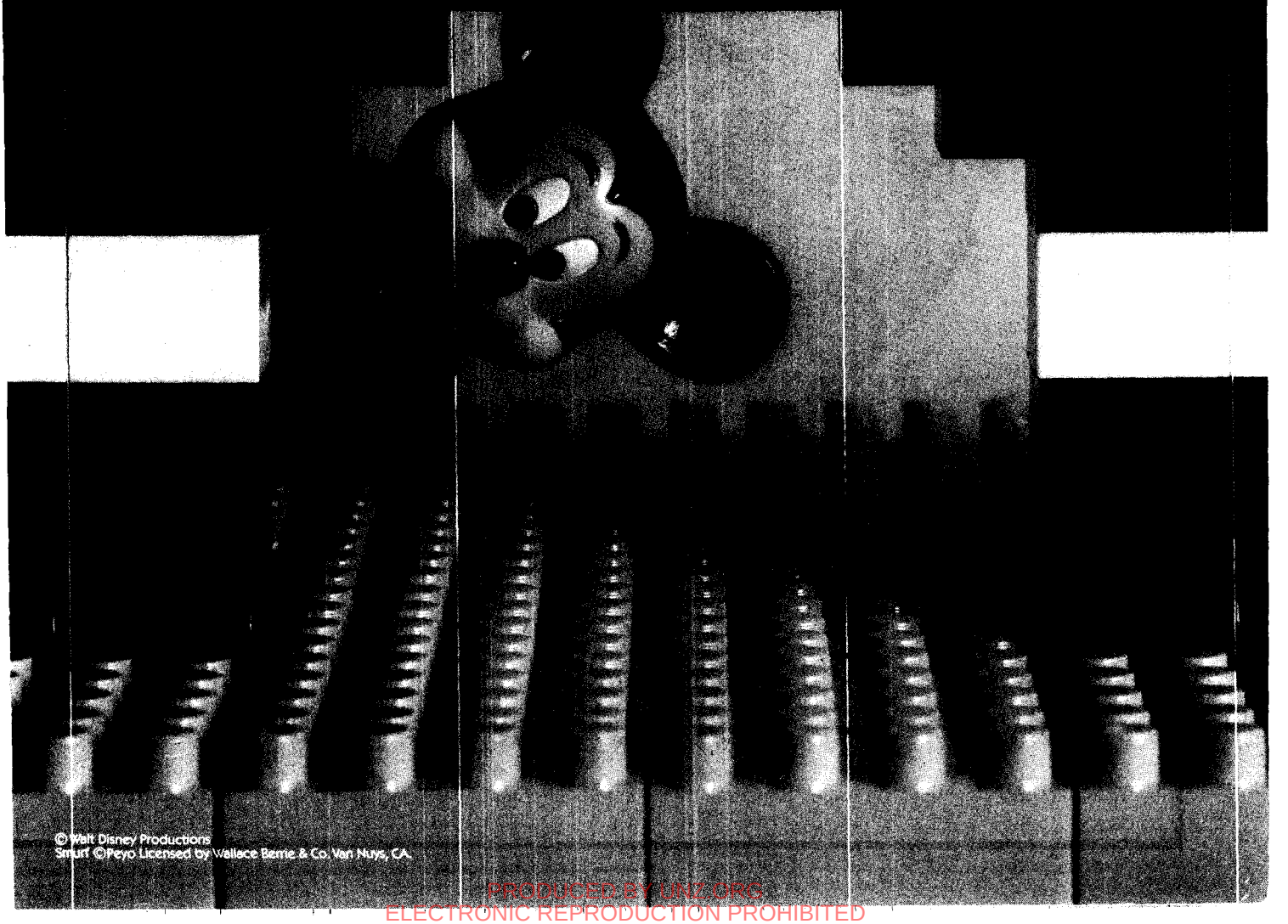

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We're offering you your easiest Christmas shopping yet. Simply fill out the attached card and give the ones you care for most a subscription to *The Saturday Evening Post* with a membership to the Society.

They'll receive nine issues of one of America's finest family magazines, Ben Franklin's *Saturday Evening Post*. By mailing a card or coupon today, each subscription will begin with the December Christmas issue.

The Saturday Evening Post is created to attract, inform, educate, advise and amuse. It is edited to keep you abreast of medical discoveries and to teach you health habits and techniques that could save lives. The brightly illustrated pages offer fiction by America's favorite authors . . .cartoons and humor to lift the spirits. . .popular personalities in sports, business, entertainment, politics and religion.

But your gift does not end there. A Society membership also includes discounts on health books and gifts. . .group-travel economies. . .free use of educational health films. . .free admission to the Benjamin Franklin Saturday Evening Post Museum.

Your Christmas gift will come with an envelope containing a charming card—signed by *you*—making the announcement.

What a wonderful way to please those "problem names" on your Christmas list this year—with the *Post*. . .and the many surprises a Society membership offers.

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Outside U.S. add $3.00 Canadian, $5.00 foreign postage per year. U.S. currency only.

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Introducing the
Reshaped. Refined
And every

Get it together — Buckle up.

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1983 FORD LTD

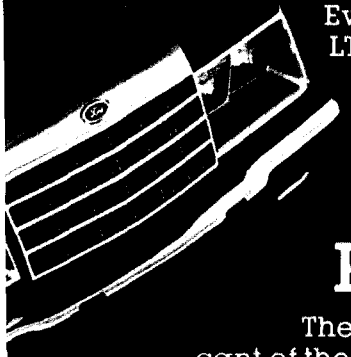
new Ford LTD. Totally Redesigned. inch an LTD.

For comparison. Your mileage may differ depending upon speed, distance and weather. Actual highway mileage and California ratings lower. Requires 3.8 liter V-6 engine with automatic overdrive.

The LTD Brougham standard interior with reclining front seats and fold-down armrests may be enhanced with optional electronic instrumentation.

From the smooth ride to the new driver-designed seating position, the quiet new LTD has one target: your comfort.

The steering wheel falls to hand naturally. The instruments are placed logically. The feel of the seats. Everything in the 1983 LTD has been human engineered to give you a uniquely comfortable driving experience.



Reshaped.

The slope of the hood. The cant of the rear window. The aerodynamically raised trunk lid. Smoothness everywhere gives LTD an amazingly low drag coefficient. All of this means excellent highway mileage, reduced wind noise and improved high-speed handling. 6.7 horsepower can push LTD through the air at 50 mph.

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The interior offers luxurious form and function. Soft cloth covers the standard reclining seats. Electronic options include: digital instrumentation • diagnostic warning lights • new electronic station searching radio • Tripminder® computer.

And behind you rides a streamlined version of our famous deep-well trunk.

Totally Redesigned.

The new 1983 Ford LTD represents more state-of-the-art automotive technology than ever before: smooth-riding gas-filled shocks, an optional 3.8 liter V-6 with automatic overdrive, a propane engine (available for order) and European-style wraparound tread radial tires.

And all of this advanced technology adds up to a totally pleasurable driving experience. Because '83 LTD is, after all, every inch an LTD.

HAVE YOU DRIVEN A FORD...LATELY?

Ford

FORD DIVISION

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LET'S BEAT THE RUSSIANS TO A CANCER VACCINE

If wars are too important to leave to generals, then cancer is too important to leave to the ivory towers. Ordinary people's curiosity can help spark scientific investigation. Hit cancer with more than just your financial support. Get involved in the search.

by Cory SerVaas, M.D.

Remember the joy and relief we all felt the day a polio vaccine was discovered? Those of you too young to remember can imagine the sigh of relief we parents breathed when we no longer needed to fear that every sore throat might be polio during the epidemic days of the 1950s. What joy the hospital personnel must have felt when the iron lungs for bulbar polio, given by thousands of compassionate donors, suddenly gathered dust because almost every man, woman and child in the country had been vaccinated for the polio virus.

Sister Kenny and her treatment for polio are all but forgotten today. Promising as it seemed at the time, it was just a *treatment* for a scary disease, and, mercifully, polio is rare in the U.S. today.

Most of the children who were paralyzed by polio in the epidemics of the '50s are in their early 30s now, and today's parent won't know what it was like to run for the pediatrician in panic if a child even mentioned having a stiff neck in August.

When the good news came, thanksgiving prayers were offered up in churches and synagogues everywhere. We had prayed for a polio *cure* and our prayers had been answered with the discovery of a polio *vaccine*. There were little children in the iron lungs the day polio vaccine was announced. For them, it was too late. Every day mattered for someone.

In an overwhelming response, more than 12,000 Help Prevent Cancer Survey forms have come in from *Post* readers, while the September issue, containing the questionnaire centerfold, is still on the newsstands at this writing. The mail from you is filled with hope while millions still despair.

"If we can put men on the moon, we can find a cure for cancer," you said over and over. "The answer is going to come in preventing cancer," predicted a man from St. Louis. "We spend billions for war; if we spent half as much on cancer instead, we'd have a cure by now," you said. You've convinced us. Our competition with Russia should include a race to be first with a cancer vaccine. Imagine the impact on the Third World the day we announce a vaccine for cancer.

Many of you said, "God bless the *Post* for undertaking the Help Prevent Cancer Survey." So many of you, in fact, that the *Post* feels blessed, indeed.

If all of us asked God to lead us to the answer for cancer, perhaps our prayers would be answered. With a 100,000-member cancer-vaccine prayer group, our faith could move the mountain in the way of another miracle breakthrough, such as the inspired polio vaccine.

If we find a vaccine for cancer, judging from the speed with which vaccinations for polio were accomplished, we could have the whole U.S. population vaccinated within a few months.

There would be great need to rush. Each day, 2,676 victims get the bad news: "It's malignant." Those are the most recent American Cancer Society figures for the U.S. population alone.

Chemotherapy and radiation treatment are a Godsend, but an unwelcome necessity for all who must endure them. We could soon begin tearing down the large RADIATION THERAPY signs that have sprung up in hospital corridors and on medical center buildings. What a relief it will be to push chemotherapy into obsolescence. Let's pray that it will be soon. While we are asking God to lead us to the miracle, let's help Him.

If "wars are too important to leave to the generals," then cancer is too important to leave to the ivory towers. Clairvoyance and discovery can come from idea people such as you or your neighbor. The laboratories are brilliantly equipped to prove or disprove facts, but they need suppositions to check out. The scientists in the labs have often reached their high academic levels by structured, organized effort.

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Sponsor a Child for Only $10 a Month.

At last! Here is a $10 sponsorship program for Americans who are unable to send $16, $18, or $22 a month to help a needy child.

And yet, this is a full sponsorship program because for $10 a month you will receive:

...a photograph of the child you are helping.

...a special sponsorship folder with the case history of the child.

...a description of the country where your child lives.

...a quarterly progress report about your child's community from the field worker.

And you will receive at least two personal letters a year from your child.

All this for only $10 a month?

Yes—because the Holy Land Christian Mission International believes that many Americans would like to help a needy child. And so we searched for ways to reduce the cost—without reducing the help that goes to the child you sponsor.

For example, unlike some of the other organizations, your child does not write each month, but two letters a year from your child keeps you in contact and, of course, you can write to the child just as often as you wish.

Also, to keep down administrative costs, we do not offer the so-called "trial child" that the other organizations mail to prospective sponsors before the sponsors send any money.

We do not feel that it is fair to the child for a sponsor to decide whether or not to help a child based on a child's photograph or the case history.

Every child who comes to Mission International for help is equally needy!

And to minimize overseas costs, our field workers are citizens of the countries where they serve. Many volunteer their time, working directly with families, orphanages, and schools.

You can make a difference!

$10 a month may not seem like much help to many Americans, but to a poor family living on an income of $1.50 or $2.00 a day, your sponsorship can help make all the difference in the world.

Will you sponsor a child? Your $10 a month will help provide so much:

...emergency food, clothing and medical care.

...a chance to attend school.

...help for the child's family and community, with counseling on housing, agriculture, nutrition, and other vital areas to help them become self-sufficient.

A child needs your love!

Here is how you can sponsor a child for only $10 a month immediately:

1. Fill out the coupon and tell us if you want to sponsor a boy or a girl, and check the country of your choice.
2. Or mark the "emergency list" box and we will assign a child to you that most urgently needs to have a sponsor.
3. Send your $10 in right now and this will eliminate the cost of a "trial child."

Then, in just a few days you will receive your child's name, photograph, and case history.

May we hear from you? We believe that our sponsorship program protects the dignity of the child and the family and at the same time provides Americans with a positive and beautiful way to help a needy youngster.

Little Sabina lives with her four brothers and sisters in a little hut on the side of a hill. Her father is dead and her mother tries to make ends meet by selling "tortillas" which she makes by hand each night.

AAA

Holy Land Christian **Mission International**
Attn: Joseph Gripkey, President
2000 East Red Bridge Road
Box 55, Kansas City, Missouri 64141

☐ Yes, I wish to sponsor a child. Enclosed is my first payment of $10. Please assign me a ☐ Boy ☐ Girl
Country preference: ☐ India ☐ The Philippines ☐ Chile ☐ Honduras ☐ Colombia ☐ Guatemala ☐ Thailand ☐ Africa ☐ The Holy Land ☐ Dominican Republic

☐ **OR, choose a child that needs my help from your EMERGENCY LIST.**

☐ Please send me more information about sponsoring a child.

☐ I can't sponsor a child now, but wish to make a contribution of _____.

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

Registered: U.S.A.I.D. Advisory Committee on Voluntary Foreign Aid. Charter Member: Evangelical Council for Financial Accountability. Our annual financial report is readily available upon request. Please make your check payable to Mission International. Your sponsorship gifts are tax deductible.

Holy Land Christian
Mission International

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Creative-idea people and free-thinking mavericks who contribute new ideas and suppositions often are found elsewhere than in the confines of the ivory towers.

You never know from where God's gift of clairoyance will come. We should give up some of our leisure time spent on basket weaving and macrame, bullfighting or automobile racing and get our excitement from nosing into the most exciting race of our century—the race to find a cancer vaccine. (Make that vaccines, plural, for the many types of cancers.)

Don't expect that *they* are doing it or that *they* will do it in time for you or your loved ones. *They* need your help.

How many people do you see every day who are working directly on a cancer vaccine or cancer prevention or a cancer cure? And how many people do you see every day who have cancer? Probably even more than you realize. More workers are needed!

Please help by becoming directly involved. From the *Post*'s five million readers, we are sure some ideas and suppositions will come forth for investigation. For example, are there any chicken farmers among *Post* readers who could help us investigate cancer? When did chickens start getting leukemia? They didn't when I was a child—at least not so much that you couldn't raise a perfectly healthy flock of chickens on a farm without vaccinating the chicks. Today, successful poultry growers must vaccinate their chicks within 24 hours of hatching, to guard them from getting leukemia, or Marek's disease, which causes large livers, lameness and eye problems. Did soil deficiencies cause the chickens to become vulnerable to cancer? If we knew what these deficiencies were, we could also find out what deficiencies humans now suffer that cause them to be vulnerable to some cancers. And could we not develop a vaccine for human leukemia?

I talked to a man who provides leukemia vaccine for chicken farmers who reported that his vaccine is made from turkey herpes virus! This is exciting because the herpes-virus family includes mononucleosis and the Epstein-Barr virus. The Epstein-Barr virus is associated with 90 percent of the cases of Burkitt's lymphoma, a common kind of children's cancer in Africa. Burkitt's lymphoma accounts for more than 80 percent of all childhood lymphomas in Africa—it is rare in the U.S. Weather and terrain conditions, adequate rainfall and lack of freezing temperatures exist where Burkitt's lymphoma is found. Epidemiologic studies have confirmed Dr. Burkitt's initial observations as well as time-space clustering of cases, further suggesting a viral etiology. Since the victims of Burkitt's probably eat a diet high in arginine, in which the herpes virus grows very well, and low in lysine, in which the virus doesn't like to grow (*in vitro*), it is our goal to find out if the children in Africa can be protected from Burkitt's lymphoma with megadoses of the food stuff lysine. This is not an expensive substance with which to do research, and it is plentiful and harmless—as harmless as the food you eat.

Dr. Denis Burkitt, a Britisher who discovered this lymphoma in Africa, just happened to be in the U.S. attending the International Cancer Conference in Seattle, and I reached him there to ask about the possibility. He agreed that undoubtedly the African children's diets were high in arginine and low in lysine, but then this diet would also be consumed in other parts of Africa where there is no Burkitt's lymphoma.

We would like to commission one of our *Post* readers to find out all about what the African children eat. This wouldn't necessitate an expensive junket. It might be done on the telephone to the right people in those countries. Or in conversation with missionaries who have spent time in Africa and have returned to the U.S.

Our Society would like to commission another *Post* reader to help study the link between herpes and

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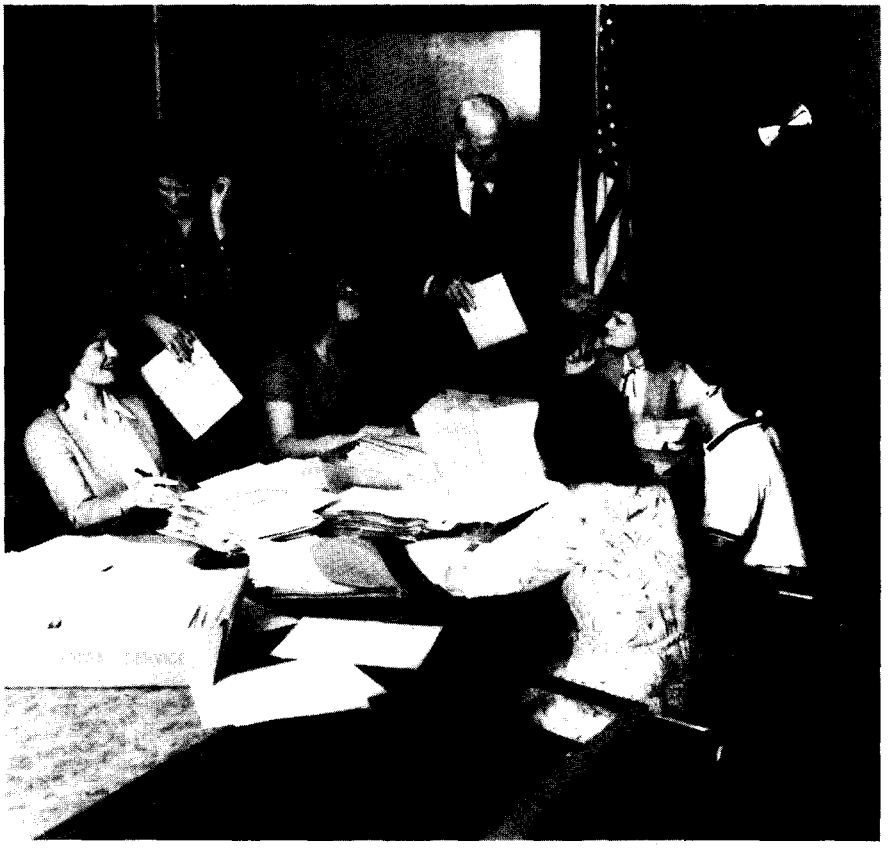

"This must be a mistake. This lady has checked 'YES' for the question, 'Do you check your testicles for lumps regularly?' " "You won't count that as a negative answer," cautions Don Hargadon of Walker Research. "She made a mistake. That's why all the encoders must work together," he explains. "That way, you all treat errors in the same manner for greater accuracy." Little Red Door, Marion County Cancer Society volunteers and staff prepare to encode Prevent Cancer Survey for data entry into the computer. Presently, over 12,000 survey questionnaires have been received by the *Post*.

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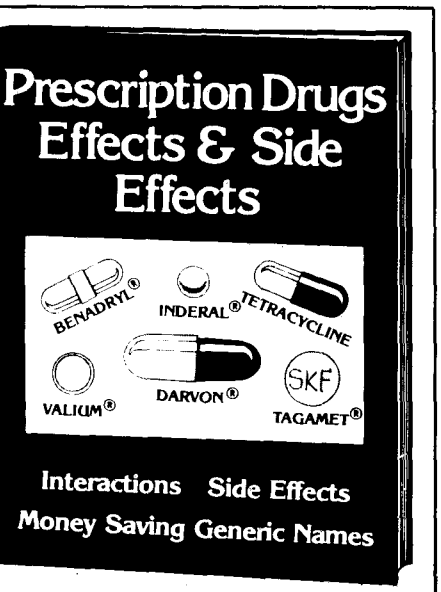
Prescription Drugs' Side Effects Revealed



(Peachtree City, Georgia)—

FC&A, a Peachtree City, Georgia, book publisher, announced today the release of a new, easy-to-understand book for the general public: *Prescription Drugs Effects and Side Effects.* It reveals the little-known side effects of over 200 of the most frequently prescribed drugs: side effects which are known to few people outside the medical profession.

The Desirable Effects Of Drugs

You take drugs prescribed by your doctor for their desirable effects, like relieving pain, combating infection, birth control, aiding sleep, calming down, fighting coughs, colds or allergies, or regulating heartbeat and blood pressure.

Undesirable Side Effects

Unfortunately, these drugs can also cause undesirable side effects, such as diarrhea, dizziness, drowsiness, dry mouth, depression, headaches, insomnia, upset stomach, blurred vision, muscle cramps, rashes, constipation, fever, nasal or lung congestion, high or low blood pressure, fearfulness, excitement, ringing in the ears, loss of appetite, loss of balance, fluid retention, sleepiness, nightmares, decreased sex drive, or even heart failure.

Contains Latest Information On Each Drug

Prescription Drugs Effects and Side Effects was written with the assistance of two pharmacists. They have helped to ensure that the latest information has been included in the 1983 edition. More than 200 of the most often prescribed drugs are discussed. Information is given in easy-to-understand language instead of hard-to-understand medical terms. Descriptions of drugs are listed in alphabetical order for quick dictionary-style reference.

Easy To Read

For each drug, the book has information on the brand name, any money-saving generic name, intended good effects, possible side effects, warnings, and possible interactions with other drugs or foods. Other chapters in the book discuss questions people ask about taking prescription drugs, how to save money by asking your doctor to prescribe drugs with generic names, and definitions of drug categories. (For example: a drug may be called an "analgesic" — analgesic means "pain reliever".)

How To Help Your Doctor

When you use this book to learn what side effects might occur from drugs you are taking, you can tell your doctor if you have any of them. If the side effects are greater than expected, he may then adjust your dosage, discontinue your medication or switch you to a different drug without such side effects.

Order Now With A Remarkable Guarantee

Order this 30,000 word, easy-to-understand book, edited by two pharmacists, now. Simply cut out and mail the coupon today, with a no-time-limit guarantee of complete satisfaction or your money back.

Partial List Of Drugs In Book

Are any drugs you're now taking on this list?

Achromycin®	Darvocet®	HydroDiuril®	Nitroglycerin	Regroton®
Actifed®	Darvon®	Hydropres®	Nitrostat®	Salutesin®
Actifed-C Expectorant®	Demulen®	Hygroton®	Norgesic Forte®	Septra®
Aldactazide®	Diabinese®	Ilosone®	Norinyl®	Ser-Ap-Es®
Aldactone®	Digoxin	Inderal®	Orinase®	Serax®
Aldomet®	Dilantin®	Indocin®	Ornade®	Sinequan®
Aldoril®	Dimetane®	Inoamin®	Ortho-Novum®	Sorbitrate®
Amoxil®	Dimetapp®	Isordil®	Ovral®	Stelazine®
Ampicillin	Diuril®	Keflex®	Ovulen 21®	Sumycin®
Antivert®	Donnatal®	Kenalog®	Parafon Forte®	Synalgos-DC®
Apresoline®	Drixoral®	Kwell®	Pavabid®	Synthroid®
Atarax®	Dyazide®	Lanoxin®	Penicillin®	Tagamet®
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Butazoladin®	Erythromycin	Macrodantin®	Poly-Vi-Flor®	Tolinase
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Catapres®	Fiorinal®	Mellaril®	Premarin®	Triavil®
Chlor-Trimeton®	Fiorinal/ Codeine®	Meprobamate	Provera®	Tuss-Ornade®
Combid®	Flagyl®	Minocin®	Pyridium®	Tylenol/ Codeine®
Compazine®	Gantrisin®	Monistat-7®	Quibron®	Valium®
Cortisporin®	Haldol®	Motrin®	Quinidine sulfate	V-Cillin K®
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cancer of the cervix. Women who have herpes are five to eight times as likely to develop cervical cancer. Why? Could they be vaccinated since they are a high-risk group?

We'd like to find out if baboons get cervical cancer. Or if they could be inoculated to get cervical cancer. Then if they do, the Society would like to commission a veterinarian to go to Texas A&M, where baboons are used in animal research, to discover whether or not the herpes virus from the turkeys would prevent cervical cancer in the baboons. If it does prevent cancer in the cervix of a baboon as it does leukemia in the chicken, then the next step might be to study the safety of trying it on humans. Human volunteers who are at high risk for developing cervical cancer might be willing to volunteer for the study. These are suppositions, and we defy anyone to laugh at any suppositions you send to us. We'll try to check them all out. Some of your interesting suppositions follow.

One intriguing letter is from Robert D. Smith of Route 1, Swisher, Iowa. The following is excerpted from it:

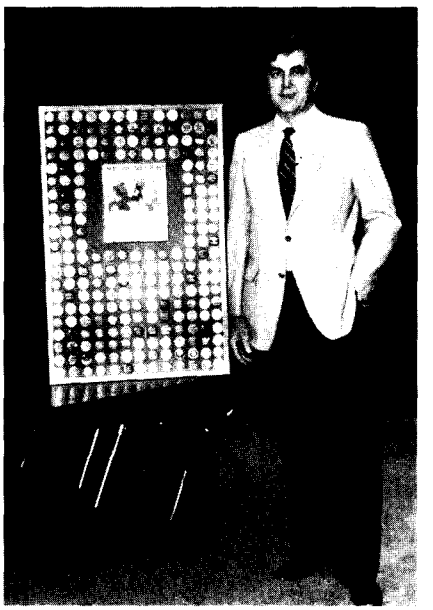
"Dear Editor:

"Thanks for the articles on tracking down the causes of cancer in the September *Post*. Here are some clues I would like to add to the investigation.

"I have personally known only two leukemia victims and both were exposed for a long time to unusually high amounts of fly spray. One was a man who regularly sprayed the inside of his store until the air was hazy. The other was a little girl whose home was sprayed so much that the air reeked with the stink of spray most of the time.

"The first case was long ago, before DDT was added to sprays, so if the spray was the culprit, it had to be either the petroleum base or the pyrethrum extract. The other was about 20 years ago, when DDT was in style, and aerosols became popular.

"Another clue that should be investigated: Many years ago there was a very high rate of cancer among persons who worked in the basement of the county courthouse in Mt. Pleasant, Iowa, where a large number of moldy record books were stored. My mother, who worked there a while, didn't get cancer, but she said that most of the persons who worked there a long time did get it. She said she believed the mold caused it. I don't remember whether she said what part of the body was affected, or if the cancers struck at random. I don't know whether the same high rate is still found there or not. Another possibility: Maybe instead of the mold, it might be that the basement was built of some kind of stone that releases a high amount of radioactive material."



For smokers, oncologist Dr. Laurence Bates' buttons say "Light Up Your Life, Not Your Cigarette" and "Smoking Makes Wrinkles." For "40 and overs" who reported that you have *never* had your stools checked for occult blood, he has another message: "Do It Now."

We're asking Mr. Smith and anyone else who knows more about this cluster group of patients to forward everything they can to the Society. We would like to have an investigator check out the basement in Mt. Pleasant, Iowa, to look for clues. If any member of the Society could volunteer his or her time to go to Mt. Pleasant to help get the facts on this lead, please write to the Society immediately.

Mrs. James Mooney of Camillus, New York, wrote about clustering:

"I am sending this note because I think it is about time someone thought about what is *causing* cancer instead of concentrating on what the cure is. In Camillus, they should do a survey because you can go house to house and see cancer. People are either dead, dying or cured. In one block there are five women dead of breast cancer.

"In Solvay (nearby), they had five people in one block dead of Hodgkin's disease. In another two-block area, there were 17 people dead with cancer. Upstate Medical Center has finally decided to look into it."

June Harkins from Fayette, Alabama, writes:

"I am very much interested in finding a cause and cure for cancer.

"My mother died with it June 8, 1982. I do not live in fear of it, but I pray to God that no one else in my family or my sister's has to go through the agony and hopelessness of it.

"My mother had breast cancer in 1967. . . . She is gone now, and I am at peace knowing I did all I could to help her.

"My concern lies in the fact that instead of the odds of people having cancer today being less than they were ten years ago, they are now greater. Why? When we can send men to the moon, why can't we find a cure? Why can't the government issue grants to individual researchers who want to work on a cure?"

Another lead we would like to pursue comes from a reader in Utah. She writes:

"Congratulations on your recent survey having to do with the subject of cancer and its mystery.

"What a creative and original approach you are taking in this regard. Surely all of the information and data which you will gather can be analyzed and perhaps computerized and give some clues and even open new avenues of thought—and could even bring about a cure and/or a way to prevent and protect the world from this terrible plight soon.

"Here is something I have observed in my long lifetime, beginning when I was a child and my mother, at age 46, with whom I lived alone, died of cancer. The suddenness of her illness was a shock to me, and to this day, at age 63, I have not ever recovered from that sad time when I was so alone. Being young, still a child, I was protected by my elders, or so they thought, for many years from knowing the nature of her illness. But as with most curious children, the very secrecy made me try to figure out what was really wrong with my mother. She had always seemed so strong, never ill at all

continued on following page

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VIT. B-6 (Pyridoxine)	35	mg.	COPPER (Gluconate)	25	mg.
VIT. B-12 (Cyan. Conc.)	100	mcg.	DESICCATED LIVER	50	mg.
PANTOTHENIC AC.	50	mg.	VIT. C (with Rose Hips)	150	mg.
BIOTIN	20	mcg.	VIT. E (Tocopheryl)	25	I.U.'S
CHOLINE BITARTRATE	150	mg.	CALCIUM (From Bone Meal)	26	mg.
INOSITOL	25	mg.	FERROUS GLUCONATE	50	mg.
PABA	25	mg.	MAGNESIUM Gluconate	7.2	mg.
			MANGANESE Gluconate	5.1	mg.
PHOSPHORUS (Bone Meal)	13.5	mg.			
POTASSIUM IODIDE	0.13	mcg.			
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FOLIC ACID (B-Factor)	400	mcg.	MAGNESIUM GLUCONATE	25	mg.
PABA (B-Factor)	25	mg.	MANGANESE GLUCONATE	15	mg.
PANTOTHENIC AC. (B-Factor)	25	mg.	POTASSIUM GLUCONATE	150	mg.
NIACINAMIDE (B-Factor)	100	mg.	COPPER (Gluconate)	3	mg.
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before in her life.

"Mother had a small gift and beauty shop in a corner neighborhood shopping center in Long Beach, California, in the 1930s. The shop next to her own was a barbershop. The owner of this shop was a dignified widower in his 50s who died of cancer. Next, my mother contracted cancer; then within five years' time, all of the owners of the small cluster of shops died of cancer, or someone in their families contracted cancer, including the druggist at ther corner drugstore and those at the cleaner, fabric and knitting shops. The only thing they all had in common was the water. All the same pipes led from one shop to another. The buildings were all old. The location was near the beach area and some very poor apartments led to an alley area. In back of these were some elegant hotels and a large boulevard and an exclusive beach club building. The area was about ten blocks from the downtown business area but was actually an area of resident flats and homes, a quiet neighborhood well tended with rows of palm trees. The little cluster of shops was attached and built in a corner lot, using the same pipes.

"As a ten-year-old child, I thought to myself that even though cancer is not "catching," something must have caused all the shopowners and employees in each shop all clustered together in that small complex of business buildings to all contract cancer. It has to be the pipes: the water they all used over a five-year period. When I told this to anyone, they laughed because I was a child and because that was too simple an answer. Was it?

"I believe the theory of cluster cases of cancer should be more deeply explored and studied."

We would like to approach these leads in the same manner a genealogist would undertake to track down blood relatives. If Mr. Smith's suggestion about the radiation of the stone in the buildings is significant, then perhaps the same contractor built the small shops in which the tenants who contracted cancer worked. If the building materials contained particles of uranium or some other radioactive substance, it would be worth investigating whether or not subsequent tenants also died from cancer.

Or could her mother have been using hair-coloring materials which were at that time carcinogens?

Fred Miller from St. Louis has an interesting concept:

"I remember that before World War II, I think about 1939, Damon Runyon, a well-known and prestigious columnist, died of cancer. And he left a sizable personal fortune to discover a cure.

"Since then, I have no idea of the millions of dollars that have gone into cancer research.

"Yet in five years, we developed and used an atomic bomb. In eight years, we put a man on the moon. Both of these were at one time considered to be 'impossible.'

"By comparison, everyone believes a remedy or cure for cancer will be found—yet in more than 40 years of research, we have only come up with radiation treatment, chemotherapy and more and earlier surgery.

"I just hope they don't find out this stuff causes cancer."

"I submit that the basic cure for cancer will be in the form of prevention.

"When we learn to find out what keeps people healthy, then we will eliminate disease.

"If you wanted to find out how to run a business successfully, would you analyze as many failures as you could find—or would you rather talk to as many successful people as you could?

"Several years ago, I went to my doctor and said, 'Can you make me feel better?' You should have seen the expression of bafflement on his face!

"Unfortunately, they have been trained in disease—not health."

Mr. Miller would be the right person to investigate three cases of people who are today completely well and devoid of any apparent residual of their cancer after having had absolute medical documentation that they had cancer and were considered terminal. One of these former terminal cancer patients, Joseph Mayerle, lived in Oregon. We last wrote about him in the May 1974 *Saturday Evening Post*.

He would be a fascinating study. He was the man who wanted to remain alive long enough to see his son born (his wife was pregnant at the time he had his lung surgery). He was shown the evidence that his widespread disease, lung cancer, was so serious that he was sent home. He said he had noticed cancer patients always lost weight before the end, and in his effort to stay alive until the birth, he "stuffed himself with food." I queried him about what in particular he ate. Lots of sandwiches and a lot of onion sandwiches in particular were among the foods he ate. At this writing, he is in excellent health, and the child he prayed to live long enough to see born is now 23 years old.

Another "terminal" patient who out-willed the odds is Dr. Anthony Sattilaro of Methodist Hospital in Philadephia, about whom we wrote in the September 1980 *Post*. Last summer, his story appeared in *Life* magazine, and at this writing, we called to learn that he is still feeling great. There is now no detectable trace of cancer remaining.

Just recently a man with well-documented terminal lung cancer in China is reported to have had a

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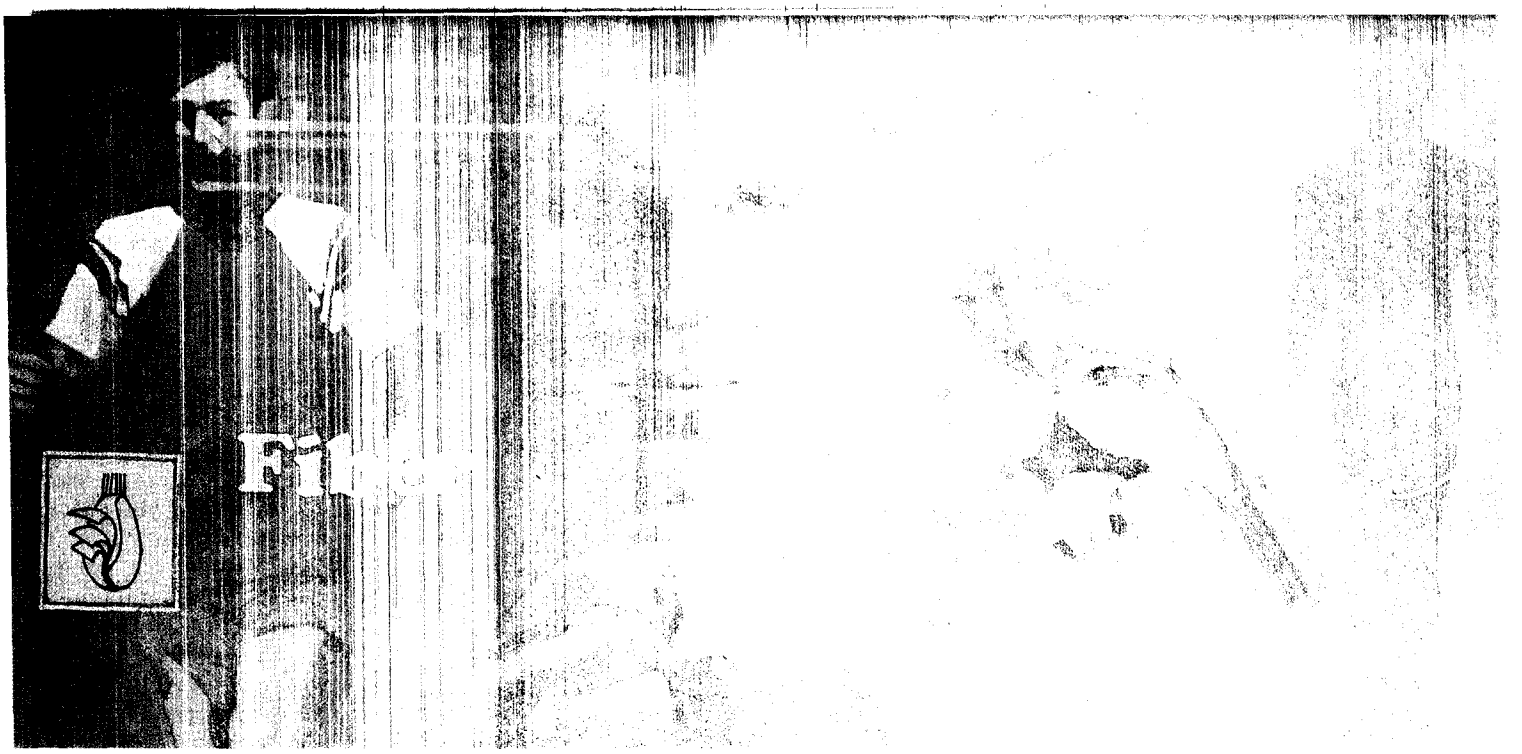

NOVEMBER ON THE 700 CLUB'S LIFECARE DIGEST

November 4
Herpes

The Vicious Virus: It can be as innocent as an old-fashioned cold sore or as insidiously painful as inflamed shingles. Links to Bell's palsy, mononucleosis, chicken pox and even cancer are being traced to the herpes virus. What treatments are being developed to control it? Is it a "cousin" to cancer? How can you avoid the pain and problems of herpes? LIFECARE DIGEST has some answers.

November 11
HDL and LDL

Heart Attack Indicators: They are good predictors of whether or not you will suffer a stroke or heart attack. It's your HDL/LDL cholesterol ratio. Learn how you can lessen your risk with exercise and the newest fiber food for lowering cholesterol, oat bran.

November 18
A New Voice

What hope is there for near normal speech for the person whose larynx has been removed due to disease or accident? In the past, speech for laryngectomy patients was a simple form of grunts. Now an exciting, simple and inexpensive prosthesis has been devised that permits the laryngectomy patient to speak almost normally. Watch and listen as LIFECARE DIGEST talks to the doctors who invented this device.

November 25
Kidney Stones

They are common and very painful, but now a West German doctor has developed a revolutionary nonsurgical treatment that is almost as comfortable and easy as taking a warm bath. LIFECARE DIGEST will show you how it works. Tune in.

The 700 Club

The TV show that gives answers for life

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complete "miraculous" recovery.

Mr. Miller makes a valid point: If you want to stay well, study the people who do stay well just as you would study a successful business if you wanted to learn how to run a business successfully.

This is reminiscent of something Dr. Denis Burkitt told me: "When I had input from field workers all over Africa, I told them, 'Don't tell me what diseases you see, tell me what you don't see.'" Well, they *didn't* see cancer of the colon, and this led him to the now well-accepted breakthrough about high-fiber diets with the faster transit time of food through the GI tract reducing the incidence of colon cancer. He is a highly imaginative man, and if our government were going to give cancer research grants to individuals in the manner Mrs. Harkins suggested in her letter, Dr. Burkitt certainly would be a good investment.

The MacArthur Foundation, which gives monetary grants, with no strings attached, to promising individuals, might be persuaded to give such grants to some innovative, common-sense people such as Dr. Burkitt who accomplish much with modest funding.

Another such person is a young M.D., Christopher Kagan, who now works in radiology but who should be spending full time investigating the connection between the herpes virus and its cousins, the viruses that cause cancer. (His story appears on page 107.)

Perhaps a letter from you to the MacArthur Foundation recommending Drs. Kagan and Burkitt for MacArthur grants would help get this accomplished. The address of the John and Catherine MacArthur Foundation is 140 S. Dearborn St., Chicago, IL 60603.

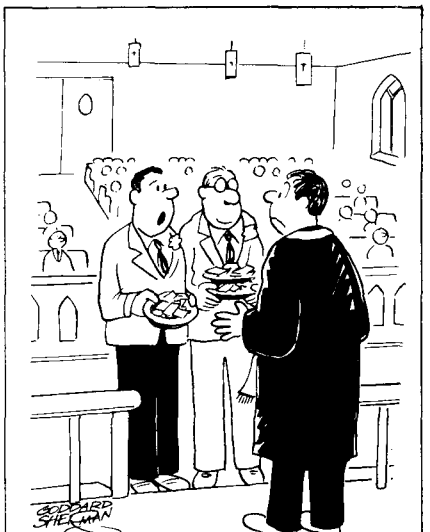
If you are willing to volunteer as an amateur cancer detective, the Society will put you in touch with others who share your hunches, theories or interests.

In the September issue, I mentioned our cancer specialist friend, Dr. Bates, who had read the medical literature about one cancer clinician who had never seen a case of Hodgkin's disease in a patient who had *not* undergone previous surgery for removal of adenoids and tonsils. Four of you wrote to us about instances of Hodgkin's in patients who still had their tonsils and adenoids intact. This information has been given to Dr. Bates to pass along, and he thanks you.

Dr. Laurence Bates is an oncologist whose work we've admired for many years. In the evenings, he goes about optimistically making speeches to groups, teaching cancer-prevention lifestyles. Then every day he goes back to treating his cancer patients. . .but always volunteering his time to prevent others from becoming his patients.

Ever since they were quite young, his children have helped him manufacture "no smoking" lapel buttons containing such choice phrases as "Marlboro Country Is a Cemetery" and "A Smoker Is a Croaker." He makes them in his basement and gives them to his patients and friends.

When we asked him to write a cancer-prevention manual for use by participants in the Help Prevent Cancer Survey Research Project, he accepted with enthusiasm. His book, "Lessen Your Cancer Risk," is a manual which has blank pages in the back on which you are instructed to keep a record of your cancer-preventive actions. For example, you are asked to drink eight glasses of water per day and keep a record. We're calling these PREVENT CANCER pledges. As participants in our survey, we hope you'll do as many of the pledges as possible so that, when you are polled again by another survey, we will be able to show that Saturday Evening Post Society members have far fewer cancers than the country as a whole.



"One plate didn't come back!"

Included in the manual is space for you to record how many hours per day you spend near a color or black-and-white TV set. (Dr. Bates advises against sitting too near TV screens, especially color sets.)

Dr. Bates asks you to keep records of how much time you spend near high-voltage wires. Naturally he is interested in knowing when you check your breasts or testicles for lumps and how often you check for invisible blood in your stools.

You are asked not to eat moldy foods and to reduce to a minimum smoked, pickled or partially burned foods in your diet. In the manual, we will want you to record how much high-fiber food (wheat bran, oat bran, whole-wheat bread, carrots, etc.) you include in your diet and how well you are able to avoid processed meats containing nitrites (hot dogs, bologna, bacon, cold cuts, etc.).

Our Society as a group should have far fewer cancers if enough members pledge to live by enough of the precautions listed in our cancer-prevention manual. Check as many of these pledges as you feel you can abide by, and return the self-addressed form from the manual as soon as you receive it.

As a group, you should be eligible for lower health and/or life insurance than the population as a whole. We will attempt to persuade insurance companies to offer lower rates to our members, who will thus become "healthy, wealthy and wise."

If you don't have a manual and wish to participate in the pledges, you may order your copy from: Cancer Survey, 1100 Waterway Blvd., Indianapolis, IN 46202. Please enclose $3 (less 15 percent for Society members).

All contributors who make donations of more than $5 to the Society will automatically receive the "Lessen Your Cancer Risk" manual free.

Any readers who wish to obtain a copy of the Help Prevent Cancer Survey questionnaire that appeared in the September issue can do so by sending a self-addressed, stamped envelope to Cancer Survey, c/o the *Post*, at the above address. Thank you for participating.

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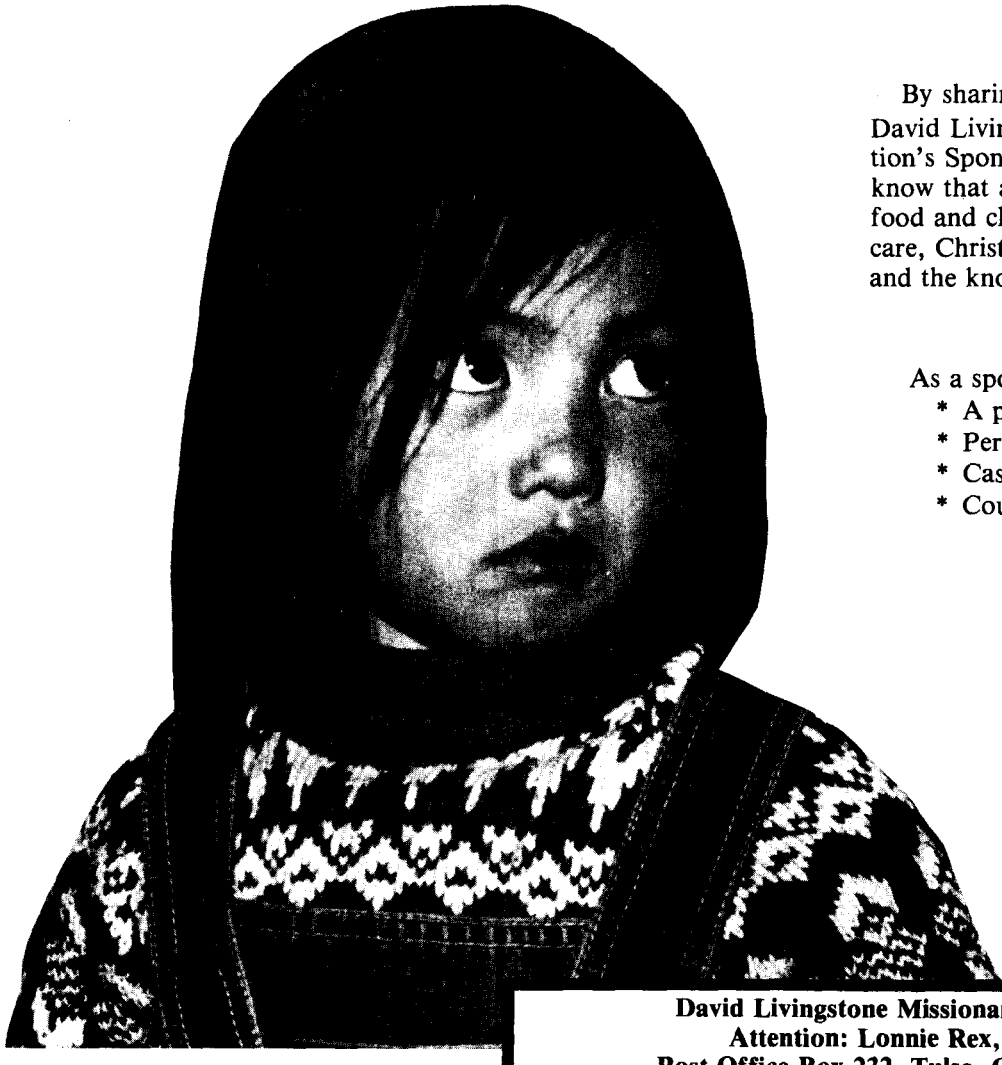

By sharing your love through the David Livingstone Missionary Foundation's Sponsorship Program you can know that a needy child will receive food and clothing, a home and loving care, Christian training and education, and the knowledge that someone cares.

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Attention: Lonnie Rex, President
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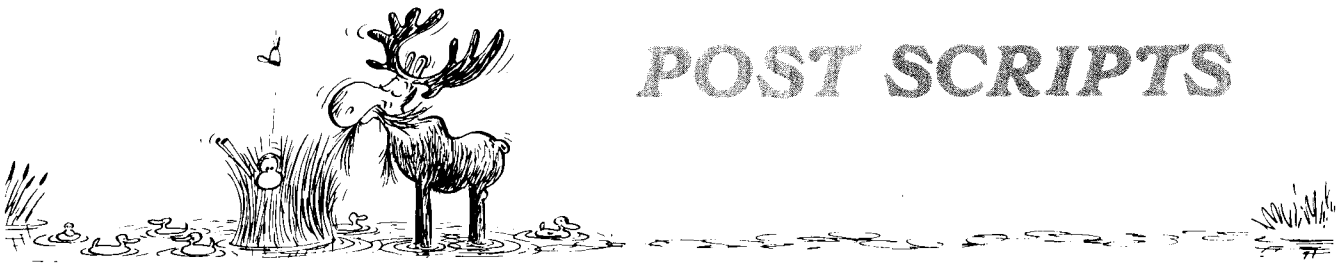


POST SCRIPTS

Heinrich Schnibble at the Football Game

"Meinself ist beggen der pardon. Ist das sitzenspot ben tooken?"

"Das sitzen—oh, the seat. No, it's not tooken yet, bub."

"Goot! Ich ben Heinrich Schnibble."

"Please to meetcha. Who you pulling for?"

"Ach! Ist meinself pullen? Excusen der——"

"Oh, no. What I meant——Say, did you ever see a game before?"

"Nein; excepten mit watchen der TV."

"Well, if there's anything you don't understand, just ask the old football expert, Waldo B. Bluster."

"Goot! Ist Herr Bluster ben soonisch arriven?"

"I'm Bluster, bub; me, in person and at your service. Just ask me something—anything at all."

"Meinself ist puzzlen mit das offkicken."

"Das off——Oh, the kick-off. That's simple. One team kicks the ball to the other team, and they try to run with it."

"Ist der scramblisch oberjumpen und fighten und noggen-gebusten ben starten mit der offkicken?"

"Well, it might look like that, but der scramb——You see, the offkicken team tries to get the ball back so they can run with it."

"Himmel! Ist simpler mitout das offkicken, ja?"

"Of course not! Mitout das offkicken the game wouldn't start."

"Ach! Ich ben hopen das offkicken ist gecomen."

"Oh, it will. Now, the team mit the ball gets four downs to make a first down. If——"

"Ein touchendown?"

"No, no! Ein touchen—a touchdown ist a score. A first down just ben a chance to run der ball some more."

"Mit repeaten der noggen-gebusten some more, ja?"

"Der noggen-gebusten don't have any——Look, Schnibble, if you're ben gonna interrupt all the time, I won't try to explain."

"Ach, du lieber! Excusen meinself, Herr Blister."

"Bluster. Okay, then, if they don't make der first down, they ben gotta kick, or punt, to the other team. Got it?"

"Ja, ja. Der puntenkicken und das offkicken ben der same."

"No, they don't ben the same! Der puntenkicken ist——Well, der team mit——Uh—suppose I just start all over mit das offkicken. One team ist——"

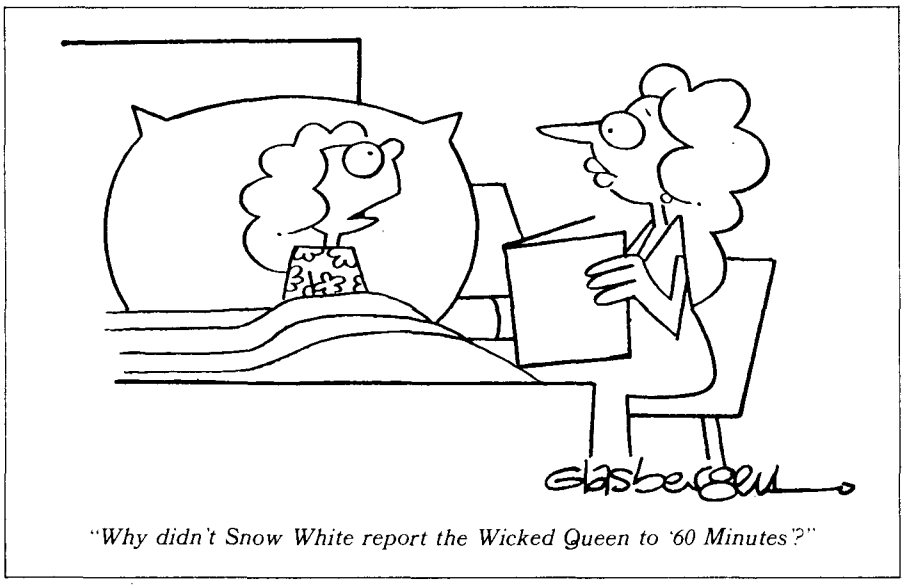
"Himmel! Ist Heinrich Schnibble ein dummox?"

"Oh, no, Schnibble! Ich ben—well, I'm a little mixed up meinself. Now, der team mit der offsitzen—I mean, der touchenballers ist puntenkicken und——Himmel!"

"Ach, Herr Blister—Der footenballers ben outcomen!"

"Goot, Herr Schnibble! Goot! Der scramblisch oberjumpen und fighten und noggen-gebusten ist starten soon! Please explain it to meinself."

—Dave Morrah



"Why didn't Snow White report the Wicked Queen to '60 Minutes'?"

High Water$

Two old friends, both prosperous businessmen, hadn't seen each other in some time and happened to meet on the beach in Hawaii. "What brings you here, Sam?" asked one.

"Actually, Seymore, a tragedy. My business was burned to the ground, and I'm taking a vacation on part of the $250,000 insurance money."

"What a coincidence," responded Seymore. "My business was destroyed by a flood, and I got a little more than a million dollars in insurance."

After a moment of thoughtful silence, Sam leaned close to his friend and whispered: "Tell me, Seymore, how do you start a flood?"

—Henry H. Dunagan

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Horse Sense

A commissar collared an old Hungarian farmer and proceeded to deliver a basic lesson in socialism to him: "If you had two fields, wouldn't you be more than willing to share one of them with the State?" asked the commissar.

"Of course," answered the farmer.

"And if you had two houses, you could live in only one of them—so you'd be happy to share the other, wouldn't you?"

"Oh, absolutely," said the farmer, who was just as certain about the next question concerning two cars. He would share them also.

"Now, suppose you had two horses," said the commissar. "You would give one to your neighbor, surely."

"Oh, no," said the farmer.

"Why not?" asked the commissar, perplexed.

The farmer replied, "I have two horses."

—Mrs. E.G. Hopson

Indignant Introduction

The guests at the banquet were chatting in little groups of twos and threes and seemed to be having a good time.

The toastmaster turned to the first speaker and said, "Shall I let them enjoy themselves a little longer, or shall I introduce you?"

—Morris Bender

Anniversary Animosity

Grandmother, discussing her forthcoming wedding anniversary with her married daughter, remarked, "I'll bet you can't tell me how long your father and I have been married."

Before she had a chance to answer, her five-year-old exclaimed, "I can, Grandma. You've been married to Grandpa for 40 years."

"Why, how do you know?" the astonished old lady asked.

The child replied quite seriously, "Why, I've heard Grandpa say over and over, 'I've put up with this for 40 years.' "

—Trenda Leigh

E.T. Go Home?

Professor to class: "Just to show you that there may be intelligent life on other planets, this morning I saw a question scrawled on a construction-site fence. The question was: 'Is there intelligent life on Earth?' Just below that, in a different handwriting, someone had written: 'Yes, but I'm only visiting.' "

—Kenneth E. Hall

Modern Pioneers

Two hoboes went to court on vagrancy charges. The judge asked the more outspoken where he lived.

"On the fields, atop the mountains, in the countryside, at the beaches," said the man.

The judge shook his head and asked his companion, "And where do you live?"

"Next door to him," was the reply.

—Bill Kreifeldt

Speed Demon

An elderly woman in the neighborhood claims her husband has slowed down considerably these past few years. She cites the day when they were out driving and a speed demon honked behind them. When her husband pulled the car over, the other guy walked past.

—Margaret Shauers

He Doesn't Suitor

A young bachelor told his friend that, when he called on his girl friend, he was hardly inside the door when her mother started asking questions about his intentions, etc.

"That must have been embarrassing," said his friend.

"It was," he admitted, "until I heard her call down from upstairs saying, 'No, Mom, that isn't the one.' "

—B. Bader

Sticky Opinion

After carefully looking through the wallpaper samples, the lady decided what she wanted, and gaining the salesperson's attention, she inquired, "Can I put this paper on myself?"

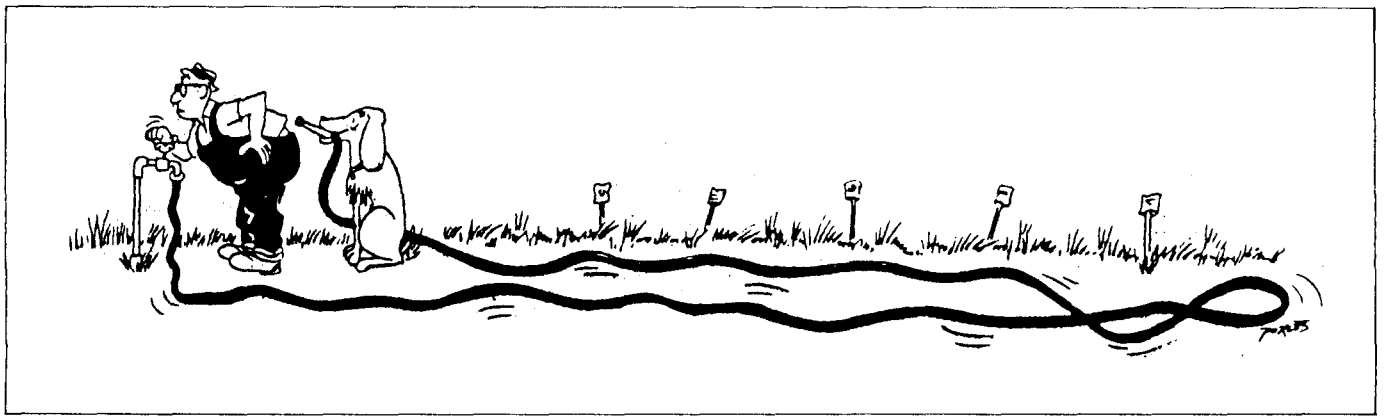
"Certainly," advised the salesperson. "But I am sure it would look better on the wall."

—George E. Bergman

Indian Applesauce

After a class studied the history of man through the ages for several weeks, the children were given a quiz. In answer to the question, "Name three major races of the world," one youngster wrote: "Bosten Marethon, Kintucki Durby and The Indian Apples 500."

—Helene Levin



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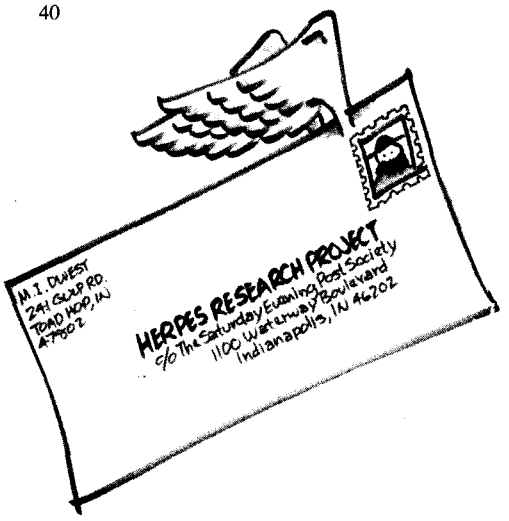

HERPES VACCINE

The research on herpes vaccine races forward. . . . A herpes sufferer accidentally "overdoses" on L-lysine and her persistent herpes disappears. Was it the L-lysine?

One of the country's leading herpes researchers, Dr. Lawrence Corey, associate professor of medicine at the University of Washington School of Medicine, is working with a vaccine for herpes. Developed by the pharmaceutical firm of Merck, Sharp and Dohme, the herpes vaccine calls on some of the same principles used in the company's new hepatitis-B vaccine.

While it remains too early to draw conclusions from the preliminary work, Corey said he is hopeful that the vaccine will be able to protect individuals who have never had herpes from ever getting the infection. What, if anything, the vaccine will do for patients who already have herpes remains to be seen. However, Corey emphasized that a vaccine to prevent herpes in those not already infected would be a major breakthrough.

Another piece of exciting news on the vaccine front comes from England. Researchers at the University of Birmingham have been trying to find a herpes vaccine for several years. Heading the team is Dr. Gordon Skinner.

The University of Birmingham's vaccine is made from killed type I herpes virus. "The vaccine contains proteins of the virus but doesn't contain virus particles or the virus' genetic material. So it stimulates immunity but is not itself dangerous," Skinner said.

As for whether vaccine from type I virus will protect against type II infections as well, Skinner said, "The vaccine is made from type I virus, but the degree of cross reaction is such that we use it for type II. And of course, now about half the patients with genital herpes have type I causing it."

Skinner's group's results are impressive—the vaccine proving 100 percent effective. The team chose to study individuals whose regular sexual partners had herpes. "In all of the patients we've vaccinated to prevent the infection, none of them have contracted herpes as yet," he said. More than 60 patients were included in the study, which has been running for more than two years.

One of the developments Skinner is very excited about is the use of the vaccine in patients with their first herpes infection. "We have got, I think, encouraging results in these patients. And we're quite excited about them. We have substantially reduced the frequency of recurrences, which is the main problem in the disease," he said.

Skinner's group also plans to begin a study early next year in cooperation with the British government. The controlled study will look at the vaccine's value in preventing recurrences in patients with already established herpes.

Skinner added that the vaccine appears to be offering something natural infection doesn't. "It gives the immune system a 'kick in the pants,' " he said. "The vaccine seems to be more immunogenic than natural infection."

How does it benefit patients who have one herpes outbreak after another? "We call this status herpeticus, and it looks as if by using the vaccine we're able to break the cycle," Skinner said. "It's too early to say for sure, but it appears the vaccine will be very useful in these patients."

Skinner is hoping for government and/or commercial support to help with the vaccine. If that is forthcoming, he anticipates the vaccine could be commercially available within two years.

Another light on the vaccine front is in the doorway of genetic-engineering firms. Experts such as Dr. Bernard Roizman, from the University of Chicago's Pritzker School of Medicine, have speculated that, once the virus is better understood, a vaccine could be produced that would be quite powerful but would have no risk. Roizman, considered one of the world's foremost experts on the virus, is at work on this and other possibilities.

Finally, there is new information about studies under way evaluating an oral form of the drug acyclovir (Zovirax®). Researchers expect that the drug will be more effective than the topical cream. "In general, oral drugs to battle infections are more effective than are ointments," Corey said. However, he is concerned that resistance to acyclovir has been noted in the laboratory. The implications are unclear, but experts agree early resistance is not usually a good sign.

In the meantime, an FDA panel recently reported on its review of the use of L-lysine in the treatment of herpes. The panel concluded that the amino acid is indeed safe and it called for further testing of L-lysine.

Letters continue to come in to the Post Society's Herpes Research Project concerning the lysine/low-arginine diet for herpes:

My husband and I both have genital herpes. Two weeks ago, I broke out with herpes on my back. A week later, it began genitally, and I began to use some acyclovir that I had received from my doctor. It seemed to be keeping it under moderate control. Then, after about three days, I noticed I was about to get a case of it on my hand. It was then that I went back and reread your article and realized that I have had a very strong diet of all the arginine foods (dairy products, meats, etc.) recently. In the last few weeks I had cut down on all that but discovered that I had been snacking on what is called a Trail Mix, which consists

continued on following page

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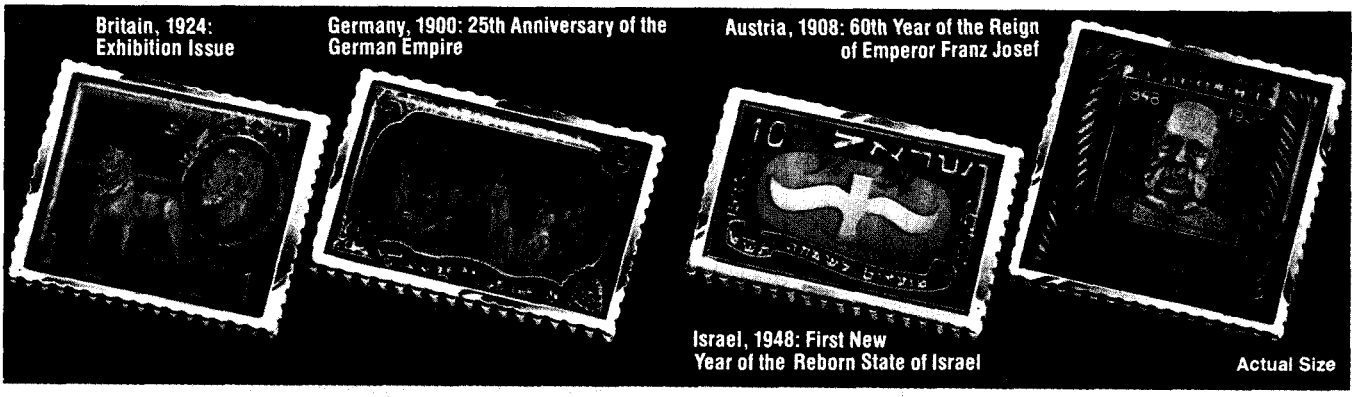
Britain, 1924: Exhibition Issue
Germany, 1900: 25th Anniversary of the German Empire
Austria, 1908: 60th Year of the Reign of Emperor Franz Josef
Israel, 1948: First New Year of the Reborn State of Israel
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2539-RAF

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of dates, raisins, nuts, coconut. . .all of the high-arginine foods.

I immediately went out and bought some L-lysine and took 1,500 mg. All my herpes was gone the next morning when I awoke. I could not believe it. I do not know how much the acyclovir had to do with it, but nonetheless, I was pleased. I would appreciate any publication you have as to the types of food to avoid, because I would like to eat high-lysine and low-arginine foods for sure if I know what they are. I have continued to take about 1,000 mg. of L-lysine since my problems cleared up two days ago. Please keep me informed, and I would be happy to assist your efforts if you need it. Thank you.

Anonymous

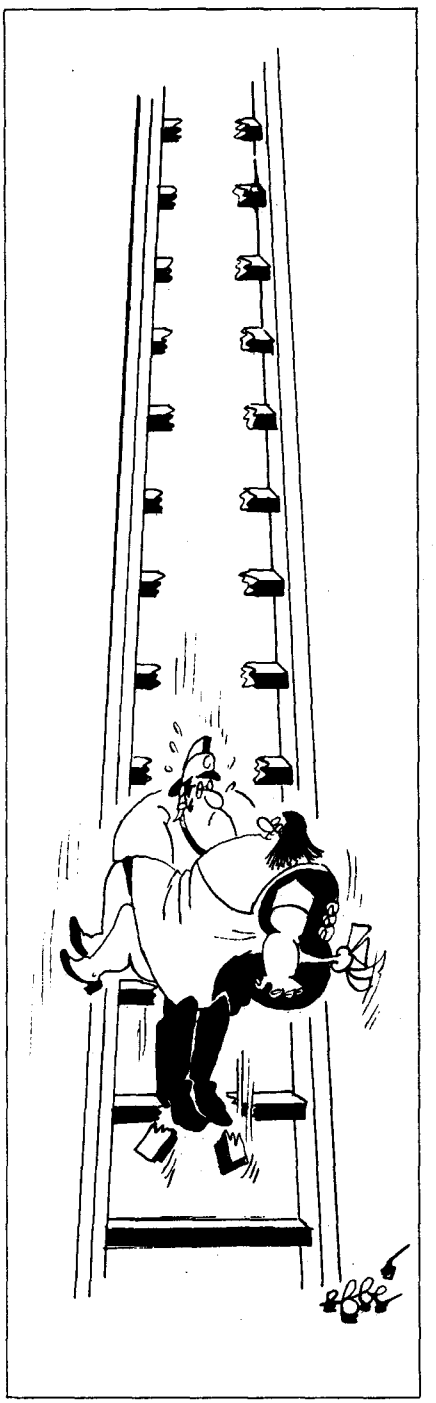
All my life, herpes has plagued me. As a child and teen-ager, I went through a difficult time because of the sores on my mouth. Children are very cruel. When I was in high school (a small school), I did not date because I was the only girl in school with these hideous sores. When I was a child, the sores were only on my mouth. When I became an adult, the sores erupted in other areas: my nostrils (both inside and out) and once on the side of my face. At another time, after a bout with pneumonia, my lips and nose were infected at the same time, and these infections erupted every Thursday, for some reason. At this same time I had internal shingles, affecting one nerve from the spine to the chest. This was a particularly bad time and lasted for nearly one year. At that time no one knew of L-lysine.

I continued to have herpes, mainly in the area of the nose, at least once a month, until I started taking L-lysine. Now I get a herpes infection about three times a year, and at no time have the sores lasted longer than one day before they start to dry; they do not get larger than the size of a very small pea (they used to average the size of my thumbnail), and there is little or no pain. I will continue to take L-lysine as long as it is on the drugstore's shelf.

Sara Barnett
Arlington, Texas

Today, while looking for a refill of L-lysine, I ran into and spoke with a pharmacist who showed me your article in *The Saturday Evening Post*, "Does L-Lysine Stop Herpes?" by Cory Ser-Vaas, M.D. I photocopied it so I could take it home to my husband. Your questionnaire at the end of your article is very good, but I wanted to give you my story for your research. I can't agree with you more that everyone should know about how effective L-lysine is for the treatment of herpes.

My husband and I met last August. The job I had when I met my husband was a highly pressured job, although I never had any attacks of herpes. My metabolism is very low; I love to eat, so I am always dieting. I eat a lot of walnuts, sunflower seeds, raisins and whole-wheat bread. I don't like milk or eggs, and I am not very fond of beef. I don't eat cheese because it has an awful lot of salt in it, and I don't sweat and, therefore, have a water retention problem. I usually have two strong cups of coffee in the morning and drink iced tea all day with a salad and main dish at night. We used to go out at least two to three times during the week and once on the weekend, dance and have about three to four drinks each time.



My first outbreak of herpes was after a very stressful event happened to me in May '82. I went to a gynecologist after about a week of severe pain. My gynecologist told me I had herpes and would have it for the rest of my life. She said to take three to four sitz baths (in water as warm as I could stand), dry the area with my hair dryer and apply Zovirax ointment every three hours, six times a day, for seven days. The medication cost me $25, but I was willing to do anything to get rid of the pain. I used it faithfully and went back in seven days. I had now also along with the herpes developed venereal warts! She treated the venereal warts and told me to repeat the Zovirax until the herpes was gone. I continued this for six weeks—by then my husband was becoming very upset because being "intimate" caused so much pain to me. We both went back to the gynecologist and talked about the problem. She had gone to a research lab in Portland, Oregon, and found that a good possibility for control was large doses of vitamins (that your body will reject when it reaches its max). She prescribed to me: 3,000 mg. vitamin C/day; 50 mg. vitamin E/day; 3 Boomplex/day; 100 mg. L-lysine/day for maintenance; 300 mg. L-lysine/day with lesions. I took all of these faithfully ever since that day, except that I misread the dosage of L-lysine. I have been taking 1,002 mg. L-lysine/day (334 mg./tablet). I discovered this error today and became very concerned—that's when I discovered your article through the pharmacist. Early in the morning, when I discovered the error I had made, I called many hospitals (even the University of Washington Hospital) about L-lysine because I wanted to know what effect it would have on my baby if I became pregnant. Believe it or not, nobody seemed to know. I feel a lot more at ease about it now that I read your article. By the way, I have never had another attack since I started taking all of these (and my husband is very pleased). If you need any more information on my particular case for your research, I will be more than happy to provide it. I wish no one to have to go through the pain and suffering my husband and I did for six weeks.

Anonymous
Issaqua, Washington

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LAST WORDS

"'Being of sound mindey-windey. . . .'"

"Personally, I thought it was cute when he called you the 'jerk du jour' when you tipped him a dime."

"What do you mean, who am I? I thought when you wish upon a star it makes no difference who you are!"

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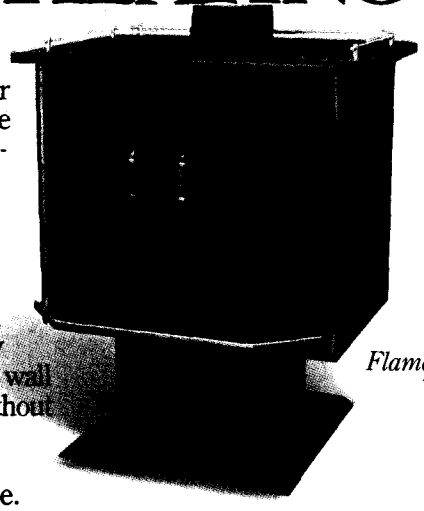

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LINDA EVANS' AMAZING GRACE

The beautiful, award-winning star of "Dynasty" credits her success and physical appearance at 40 to an abiding faith in God.

by David Wallace

"Do you believe in God?" demands "Dynasty" superstar Linda Evans of a new acquaintance. "I believe God is in my life, all day, every day. . . . There is no way to turn him off and on."

Hardly the philosophy one might anticipate from a Hollywood celebrity, whose show, in which she co-stars with John Forsythe and Joan Collins, is one of television's top-rated series. She is also, at 40 (her birthday is November 18th), one of Hollywood's hottest sex symbols.

"Dynasty," ABC's prime-time soap just now beginning its third season, chronicles the fortunes and misfortunes of Blake Carrington, a ruthless and manipulative but somehow likable patriarch of an oil-rich Denver family. Linda Evans plays his wife, Krystle—beautiful, virtuous and long-suffering. Her performance in the role earned her two awards in 1982: the Golden Globe and the People's Choice Award for Best Actress in a Dramatic Series.

Faithful viewers of the show might have noticed a small gold and diamond cross that she always wears. "It's mine, and the one piece of jewelry I never take off," she confides. "When I auditioned for the role, Aaron Spelling [executive coproducer of the series] saw the cross and told me, 'It's perfect. You should wear it on the show. It is perfect for Krystle's character.' I would have worn it whether he wanted me to or not."

Perhaps only on television can a 15-year-old bobby-soxer grow up to marry the older man she once had a (television) crush on, but that is exactly what happened. At 15, she was personally cast by John Forsythe in his TV series "Bachelor Father." Forsythe recalls her at the time as appearing to be a tall bundle of angular knobs and bumps, very sweet and very shy. Their reunion after 20 years was summed up best by Forsythe on the "Dynasty" set: "My, have you changed!"

Born Linda Evenstad in Hartford, Connecticut, she moved to Hollywood with her parents, both professional dancers, when she was only six months old. Although painfully shy as a child, she did dream of becoming part of the entertainment world and studied drama at Hollywood High School. While there, an actress friend insisted she try out for a commercial ("all you have to do is drink the ginger ale and smile," said the director), which she got. Three commercials later came "Bachelor Father," and a career, as they say, was launched.

Although raised as a Roman Catholic, at the time Evans was 18 and soon to leave "Bachelor Father" for a $250-a-week MGM contract and her most famous pre-"Dynasty" television series, "The Big Valley," Evans was exploring far more independent means of expressing her deep religious feelings. "As I grew older, I began to seek my own way of honoring God in my life," Linda confides. "I myself don't believe you have to go to church to have a talk with God. How you walk through life is how you honor God." Evans continues with a smile, "I began to look into all religions—meditation, Eastern religions, all of them. I wanted an idea of what everybody did when they prayed." Little did she know that her faith would be the strength to bring her through a series of dramatic major career and life crises to come.

"The Big Valley" really put Linda Evans on the entertainment map. Even today, 13 years after the show ceased filming, her portrayal of Barbara Stanwyck's daughter, Audra Barkley, is well remembered by television viewers since, although only 112 episodes were filmed, the series is in constant rerun somewhere. Evans and Stanwyck are still as close as ever. They live near each other, talk often (Linda calls her "mom") and exchange presents "all the time," according to Evans. While in "The Big Valley," Evans met matinee idol John Derek, 17 years her senior and a divorced father whose second wife, Ursula Andress, left him for Jean-Paul Belmondo and greener pastures. Derek's picture had long hung over Linda's bed when she was a teenager. "I spent years looking into those eyes," she says. Thus began a ten-year union that came close to ruining her career and, at its end, close to destroying her life, or so she thought at the time.

"John wanted me out of the series," Evans recalls, "and we wanted to spend all of our time together and work together. . . . It was marvelous," she remembers. Their days together were a delight, but romantic months passed into languid years as her career went nowhere.

There were few projects . . .a small part in a Walt Disney television movie and such forgettable films as *Twilight of Honor*. And in the twilight of her career, a

Network competition is nothing new to Linda Evans, who has reigned over TV with beauty and elegance from "The Big Valley" to "Dynasty," her current ABC triumph.

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real life crisis was hurled upon her.

In 1973, John Derek went to Greece to make a film with a 16-year-old actress named Mary Kathleen Collins. Even today, Linda Evans finds it difficult to describe arriving for a reunion with her husband and being told by the person she had shared everything with for almost ten years that, although he still loved her, he was in love with someone else. That "someone else," of course, is now the current Mrs. John Derek, Bo. Faith was Linda's resource in coping with the crisis.

Of her house in Beverly Hills, the Mercedes in her garage and the money rolling in, Linda says, "I believe God wants me to have all the things I need in life."

"There are times in your life when something happens to you you can't understand," she recalls. "You live the golden rule, you feel you are a good person, and something terribly painful happens. It forces you to turn inward. I am sure it was my faith that sustained me when my first marriage broke up. Something like that forces you to turn inward, like a serious illness.

"Faith gives you the strength to deal with the important things in life," she continues. "Lots of people like to blame God for the bad things that happen to them. I have never felt that way, and that is now how I perceive things. That is when you have to have faith."

And Evans now understands the benefit of faith. "The break-up of my marriage sent me in all kinds of good areas," she smiles. "I still have a friendship with John Derek, and I have a life that is quite extraordinary and which I might never have had if the marriage had lasted. In retrospect, the end of my marriage was the perfect thing to happen to me at the perfect time."

With the marriage in ruins, Linda returned to Hollywood and put her house up for sale. One of the first callers was Beverly Hills realtor Stan Herman, with whom she became romantically involved. It was two years, however, before she felt sure enough of the relationship to call Derek and ask for a divorce. Linda and Stan were married in 1976 and separated in 1979, partially because of career demands. Following the separation from Herman, she moved into a million-dollar bachelor pad, a spacious three bedroom Cape Cod-style brick home on a secluded cul-de-sac in Beverly Hills, and filled the house with exquisite French country antiques. Linda Evans' house, although not modest in price (nothing in Beverly Hills is these days), is delightfully lacking the sometimes garish ostentation many superstars instantly assume. She loves light, and the sunlit rooms show it, decorated in white and pastel pinks and blues. Recently, with her blonde hair gleaming and wearing a white, off-the-shoulder dress, she and her setting looked like what southern California is supposed to be all about. . .and rarely is. The house has a swimming pool, albeit small by local standards, and during their dormant season, she keeps her large collection of orchid plants in the garage rather than in a greenhouse, which she could well afford.

Besides lifting weights, Linda manages to get in an hour a day on the stationary cycle in her gym, and on a not-so-stationary bike outside, whenever possible.

Living alone is hardly the equivalent of being lonely for Linda, who, in addition to "Dynasty" (she had not a single day off for a four-month stretch early this year), has written a cookbook to be published by Simon and Schuster next year and is working on a book about beauty for the same publisher. At 40, beauty is something Evans knows plenty about.

Blonde, with astonishing blue eyes fading toward yellow at the center, her face is remarkable. Its chiseled features remind many of Bo Derek, 14 years her junior and four inches shorter than Linda's 5'8" frame. Bo is reported to have called Linda, simply "the most gorgeous person in the world."

"To me, people look good on the outside because of how they feel on the inside," she confides. "If you have inner peace, you will look good." Evans believes there is a direct correlation between her faith

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and her appearance. "I think a lot of things people let bother them I just don't let bother me. I was born happy."

She rarely wears jewelry, wears little makeup and hopes in the upcoming beauty book to "explain all that I have learned over the years." She loves to jog but, lacking time to do it, has had a small gym built in the house. There she has a computerized stationary cycle that she rides an hour a day, and she also lifts weights. She adores cooking "anything that someone enjoys eating" in her Wedgewood blue country kitchen. That love of cooking is shared by her current romance, George Santopietro, a 37-year-old owner of four restaurants in Los Angeles, whom she has been dating for a year and a half. She also sees a lot of her sisters (her parents are both deceased), Carol "Charlie" Davidson, a financial controller in the film industry, and Kathy Evenstad, a publisher's proofreader. Close friends also include her ex-stepdaughter, Sean Derek, John's 29-year-old daughter by his first wife, and her predecessor in Derek's affections, Ursula Andress. In fact, following the birth of Ursula's and Harry Hamlin's son Dimitri, Ursula and the baby went home to Linda Evans' house. Actually, Hamlin's home was too small for a mother and a new baby. Friends calling Linda's home were, for a time, astonished to sometimes hear a baby crying in the background. Bunky Young, her secretary, has been an inseparable friend for 17 years.

Linda is also fascinated by numerology. "I have been doing it for 11 years," she smiles. "I have done thousands and thousands of readings for people." Admitting that she first discovered a book on numerology in a Hollywood bookstore while shopping for tomes of a somewhat more theological nature, she enthuses, "It is just startling how much you can tell someone about themselves with numerology. . . . It's wonderful for helping people to help themselves."

Also, in a most nonstereotypical fashion for Hollywood, she dresses in comparatively modest fashion. "I have a lot of jewelry, but I rarely wear it," she notes, and "a lot of clothes, just terrific clothes, which I rarely wear," often preferring a simple pullover and blue jeans to more glamorous fashions.

"I have a lot of just terrific clothes and jewelry which I rarely wear," says Linda, who prefers the unadorned casualness of a simple pullover and jeans.

At 40, Linda Evans is making more money than she has ever made in her life (her "Dynasty" income is well into five figures weekly). The money keeps rolling in. Recently, she signed a lucrative agreement to be the celebrity spokesperson for the Bonaventure Intercontinental Hotel and Spa in Florida, where she also will be hosting a celebrity tennis tournament in December. Eschewing the expected 20-year-old nubile stereotype, the resort selected Linda because, to them, she "epitomizes glowing health and beauty." And more and more television comes her way, too. Recently she starred in CBS's *Bare Essence*, a saga about the perfume industry, and this fall she'll also be seen in specials where she'll share the spotlight with veteran stars George Burns and Bob Hope.

Of her comparative and fairly sudden affluence Linda Evans says she is as comfortable as she is driving her Mercedes. "I believe God wants me to have all the things I need in life. I don't think material things are bad. It is what people think they have to do to get them that is bad. The good thing about having things in life is that you find out what is important."

And with it all, what is really important for the superstar of "Dynasty"? Perhaps with Ursula Andress' success with becoming a mother, she admits she is presently having "a wonderful time just being in love," but smiles as she says, "I would adore being happily married the rest of my life, and I think I would like a child."

Cooking "anything that someone enjoys eating" in her Wedgewood blue country kitchen is among the few hobbies allowed by Linda's "Dynasty" schedule.

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Part I

THE COPPER RING MYSTERY

Why a happy, healthy young woman suddenly became neurotic and suicidal remained a mystery to the psychiatrists. But a medical specialist recognized the reason at a glance.

By Berton Roueché

Illustrated by Jack Stockman

I talked with Carol Terry one October afternoon in 1978 in her office at the Department of Energy in Washington, D.C., where she had been employed for almost a year as an auditor. She said she felt well, and she looked it. Mrs. Terry—Mrs. Michael Terry—is an attractive young woman, small and slim, with thick brown hair and large hazel eyes and a somewhat lopsided smile. That—her crooked smile—and an occasional catch or hesitation in her speech seemed to be the only remaining signs of her dismaying experience. Later, when she stood up from her desk to see me to the door, I saw that she also had a slight limp, a favoring of her right leg. But that was all.

It is hard to say precisely when Mrs. Terry's trouble began. In one sense, and a very real one, it began at the moment of her birth. That was on June 23, 1946, in Los Angeles. Its first manifestations, however, came later, much later—in the summer of 1971, when she had just turned 24. "It was strange," she told me. "Looking back, I would call it insidious. But at the time I didn't know anything was even happening. I thought I was well and happy. I was an Army brat. I grew up all over the country. But now I thought I was finally settled down. I'd been married for two years to a young Italian from Italy named Pasquale Francone, and we had a nice apartment near L.A., in Brentwood. Pat and I were both working, and I was taking fertility pills because we wanted a baby. The beginning of it all must have been around the middle of July. I seemed to be getting kind of shaky, and sometimes my mouth felt a little tight. Then one day at work, right out of the blue, I fainted. My job was handling claims for an insurance company, and I suppose you could say it was a pressure job. But even so! They were very nice. They sent me home and told me to take a week off. I went to the neighborhood family doctor we knew. He looked me over and said it was overfatigue, and gave me a prescription for Valium. My parents were living in Salt Lake City then. I knew and liked Salt Lake City—I went to high school there—so it seemed like a good idea to spend my week off with them. No, I'm not a Mormon; I was raised a Catholic. Pat got some time off, and we drove up. I really felt very funny—shaky and very nervous. When I told my mother, she just laughed. She said I was simply growing up. She said she had been nervous all her life.

"We drove back to L.A. on Saturday, July 31. On the way, Pat and I got into a fight. I can't remember what about. Maybe it was me. But we ended up not speaking for the entire 700 miles. We went to bed not speaking. I woke up at five o'clock on Sunday morning. I had this feeling that I had to do something. I can't explain it any better than that. I went into the bathroom and got down Pat's razor and took out the blade and began to slash my wrists—first one, then the other. Look! You can still see the little scars. I didn't want to die especially. I just wanted to take some action. I don't know why. And I don't know why it took that form. Anyway, I was standing there at the sink with the water running and washing off the blood when Pat woke up and saw me and began to scream. I remember how he screamed. I must have been an awful sight. But he had the sense to get me dressed and rush me to the emergency room of the nearest hospital. They stitched me up, ten stitches—and gave Pat a sedative. I let them do what they wanted. I wasn't saying very much, but I had the feeling that a great weight had been lifted off my shoulders. I don't know why."

There was a pause. Mrs. Terry looked blankly down at her desk, then abruptly raised her head. "Two days later," she said, "I had my first psychiatric consultation." Her voice had an edge to it. "Pat had telephoned my parents, and they flew down and made the arrangements with our family doctor. I spent a month in a psychiatric hospital in the L.A. area. It wasn't until I was settled there that I began to realize what I had tried to do. I was so ashamed, I felt so guilty. I told you I was raised a Roman Catholic. And the thought of all the trouble I was causing was almost too much to bear. And I was depressed. I hardly said a word for three days. Then I began to feel a little better. I suppose my guilt began to wear off. So I was discharged. The psychiatrist thought it best that I not be alone, and it was decided that I'd go back to Salt Lake City with my parents. That meant a separation for Pat and me, but I don't think either of us really cared. He felt humiliated by what I had done. Our marriage was shakier than we had thought. And, of course, I had other things to worry about. The hospital psychiatrist referred me to a psychiatrist in Salt Lake City. He and the psychiatrist in L.A. are one and the same in my memory. I don't mean they looked alike. I only mean they had the same moves. I'd been on Thorazine in L.A. The Salt Lake City man started me on Tofranil, and when that didn't seem to work he put me back on Thorazine—600 milligrams a day. At our consultations, he expected me to talk. All he did was listen. Whenever I asked a question, he simply threw it back at me: 'Why do you ask me that?' He seemed to have made up his mind about me before I ever walked into his office. I realize now that I already had a permanent label, a category. And those people, the

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psychiatrists, deal entirely in labels. I was an attempted suicide. That translated into a case of hysteria. Categories behave in such-and-such a way for such-and-such a reason. He went away for two weeks, and at our next meeting I said—just to be polite, just making small talk—'How was your vacation?' He gave me a smug look. Oh, he said, you're angry because I went away and left you. Actually, I *was* angry. But not for his smug reason. I was angry with him because something frightening was happening to me, and it didn't bother him at all. I was having trouble with my hands; they felt shaky and clumsy. It was getting hard for me to do all kinds of manual things—like fixing my hair, or buttoning a blouse, or washing my face. I wanted to know why. He wouldn't, or couldn't, tell me anything. He would just nod and say I was angry with my husband. I remember asking, 'Why can't I make my hands stay still?' He said, 'Why do *you* think?' I got so sick of that kind of talk that I began to cancel my appointments.

"That was in early October. He interpreted my behavior as antagonistic and suggested that I might do better in a hospital environment. I let him admit me to the psychiatric ward of a hospital he was affiliated with. I think he was tired of me. He saw me there, but only occasionally, and then he only looked in. The treatment was more Thorazine and group therapy. They put me to work making things—working with my hands. And I could hardly get a button through a buttonhole. I've always been a great reader, and I was spending most of my time read-

continued on page 96

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GOING FOR GOLD AT 45

Winner of gold medals in four Olympics, discus thrower Al Oerter is training for still another victory in the 1984 Games.

by Hank Nuwer

While his name may not be immediately identifiable to many Americans, elsewhere in the world, Al Oerter does not have a recognition problem. They know the 45-year-old blonde giant in Melbourne, Australia, where, as a cocky 19-year-old, he came out of the 1956 Olympic Games with a first-place victory after heaving the discus 184 feet, 10½ inches. Four years later, his 194-foot, 2-inch toss won another gold medal in Rome. Despite the agonizing pain of a wrenched disc in his back, Oerter pulled together a toss of 200 feet, 1½ inches in the '64 Tokyo Games, repeating his gold medal win in 1968's Mexico City contest—this time with a painful thigh pull—by flinging the disc an astonishing 212 feet, 6 inches.

They also know him in Russia. Back in 1978, Al Oerter's comeback to Olympic form actually began. The goal of the 6'4", 275-pound athlete was to trounce not only fellow American thrower Mac Wilkins, whose '76 gold medal set an Olympic discus record of 221 feet, 5 inches, but also a Russian bull of a man named Viktor Rashchupkin. The confrontation, of course, never materialized. The 1980 Games in Russia never occurred as far as Oerter and other U.S. Olympic hopefuls are concerned. That was the year America pulled out of competition to protest the USSR's invasion of Afghanistan. As a consequence, the Russian Rashchupkin took home a gold medal with a 218-foot, 8-inch throw.

Oerter today maintains that the U.S. decision to boycott the Games was a good decision on ethical and humanitarian grounds. "I came to the conclusion that we just shouldn't compete," he says. "We'd be playing in the capitol of a host nation that not only has butchered a neighbor, Afghanistan, but second, obviously intended to exploit the Games for their own purposes. I'm not an anti-Soviet or Soviet hater, but when you're competing with a country that considers a gold medal to reflect the amount of vigor in their society, they're going to do what they possibly can do to get many gold medals all for themselves."

In plain English, Oerter sincerely believes the Russians cheated during the 1980 Olympics. His conclusions were made after talking to Australian and even East German athletes during a European track event following the Games. He cites one instance where a track official knelt on the exact spot where a Cuban discus thrower's toss had landed, leaning forward a few inches to mark the discus. "If the United States had been there," says Oerter, "we would have had all that cheating on slow motion video, instant replay and closeup TV shots so that the difficulties would have been shown very graphically. I'm sure we would have pulled the team out or created some kind of international furor, saying this kind of thing can't continue."

A rising executive at Grumman Aircraft in Woodbury, New York, Oerter, the descendant of Europeans who ran a tavern in Manhattan's free-lunch days, is as proud of his company's achievements in aeronautics against the Russians as he is of his own athletic accomplishments. His talk is filled with competitive references to our "mechanical capabilities" versus the Russians, Japanese and West Germans. He believes the U.S. will reverse its economic setbacks in such industries as the beleaguered auto trade. While he talks, one can't help but reflect how ironic it is that one of America's few athletic superstars to compete in four decades still is financially dependent upon a regular paycheck. Unlike the Johnny Weissmullers, Bruce Jenners and Mark Spitzes who transformed Olympic gold into greenbacks on the entertainment circuit, Oerter maintains he has no such ego need, preferring to settle back into relative obscurity between meets.

Still, the big man has enjoyed the fame allotted him. Yet, as if unaware of all the notoriety he has gained, he is gracious, unassuming and refreshingly human. He also boasts a downplayed, needling wit. Most frequently, his verbal darts are saved for Crystiana and Gabrielle, two daughters by a first marriage, dissolved in 1976, and for Cathy Carroll, his financee, a 29-year-old striking blonde who seems more wholesome than wheat bread.

Quite often, the Oerter wit is used to drill some of the confidence out of his opponents. A classic case occurred during the 1968 Olympics. America's then world discus titleholder—with a throw of 224 feet, 5 inches—Jay Silvester came up to Oerter just before the start of their mutual event to show off a telegram containing a long list of signatures that had been sent him from Utah. "Everyone in my hometown signed it to show they're behind me," boasted Silvester.

"Four hundred signatures!" Oerter said, tossing back the paper as if it were a tax-audit notice. "It can't be much of a town." Totally distraught, Silvester failed to win, place or show. "Why he ever showed me that telegram, I'll never know," Oerter chortles today.

He points out that it is the best man mentally as

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well as physically who emerges as the eventual victor. "It's a little like a war," shrugs Oerter. "We're all human beings, and only fractions separate people. Where you can take people apart and destroy their competitive spirit is psychologically. You try to take people's attitudes toward themselves down. Rather than work within their capabilities, they go out and destroy their own technique."

Oerter's age, as a consequence, is a psychological factor in his favor. Having already garnered four gold medals, he is loose where his competitors will be tight. In addition, he is impossible to psyche out. Rather than compete against friends and strangers, he stresses that his main competition comes from within. He tries to equal or better his own best tosses, exuding total belief in his own abilities. "That kind of confidence, once you have it, nothing can touch," he says. "You rule out failure. It's gone—period! You rule out emotional disturbances, injuries, loss of technique or whatever. All that is purged from your system."

Oerter now has 30 years experience at his chosen game. He first joined the sport accidentally at age 15 when he returned an errant discus toss back to the track coach by sailing it back farther without trying than anyone on the team could do on his best day.

In addition to dozens of tosses a day, such pleasantries as dieting, weight training and painful conditioning exercises are the rule when one attempts to regain the Olympic plateau. Pulled muscles, sore joints and a reduced social life go with the territory for an athlete who is professional in every way save for compensatory paychecks.

By far, Oerter is the oldest man on the United States team. There is no chance that he'll face competition from anyone approaching his age from other countries either, particularly from Third World nations. "If I were an East German," says Oerter, "I'd not be allowed to do what I'm doing. I'd not be allowed to compete internationally; I'd be some kind of coach. The reason is that I would be a potential embarrassment to the state. Having achieved certain success in the past, I would be looked down upon by the state when I didn't achieve the same success.

"In the United States, I don't have to be concerned with what the government thinks. I can compete because I thoroughly enjoy it."

Seen in competition, Al Oerter is as graceful as a trained bear. Within the seven-foot confines of the discus circle, he uses his body with economy and grace. From crouch to pivot to follow-through, he is a study in exploding energy. The trajectory of his tosses is glorious to view. When one of his 200-foot-plus shots soars outward, the gasps from a crowd are the same as those given Reggie Jackson when he slams a baseball, or to Wayne Gretsky when he pirouettes around a goalie to send home a slapshot.

Oerter is building up toward the Olympic Trials and beyond, knowing full well that he'll have to beat his best Games' tosses merely to qualify. He starts slowly, explaining that "you separate and pull things after you've laid off and then kick your body into high gear again." Oerter is more the scientific athlete now than he was back in 1968, when last he wore the laurel crown. Such determinations as wind currents, varying grips on the discus, best trajectories and always the pursuit of the perfect form concern him now. His strength is on par with his best years, and what's between his ears has gained wisdom with age. In addition, he eschews fatty foods, packs his body with approved vitamin supplements and refrains from smoking. Despite possessing enough hand strength to wad a typewriter into a little ball, he rarely throws his weight around, except perhaps when insulted in a restaurant by those who try to overcome insecurities by physically challenging celebrities. "I quickly show these people who's boss," says Oerter quietly.

Once upon a time, America's fathers and mothers used to tell their kids to emulate this athlete or that. Of course this was a far, far away time before greed, drugs and celebrity status made parents leery of superjocks. But judging from Al Oerter's life, it's all right for children to grow up to be discus throwers.

The only problem is that the way *this* man is going, your children, should they have Olympic aspirations in discus competition, may have to throw against Al Oerter himself some day to prove themselves in competition.

He's broken all the rules and preconceived ideas already by competing well into middle age, and the smart betting is that he'll be around the track scene for a long, long time to come. ★

At age 45, discus thrower Al Oerter has returned to the training he calls "my private madness."

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ON SATIN SHEETS

She thought sleeping on satin sheets would be elegant. He asked only to stay in bed long enough to find out.

by Maynard Good Stoddard

Illustrated by Jared Lee

For smarts, giving my wife free rein to choose her own anniversary gift rates right up there with letting a shoeshine boy run off with a $5 bill to get change. But I got to thinking of the good judgment she had used in selecting me for her lifetime running mate. (We are of the old school, needless to add, when a woman took a man for better or for worse, not for everything he had.) And I decided she would come up with nothing more impractical than maybe having her ears pierced. And that only because we had recently noticed the graffiti on a downtown wall: "Ears pierced while you wait, 50¢—3 for $1.00."

However, a couple of weeks before the big event, we were sitting there on the sofa one night when she put down her purling and dropping and said, "You know something I would really like, Barnyard (the pet name she always employs to mellow me up)? Ever since I was a little girl, I've wanted to sleep on satin sheets."

Well, well, well, well. No houseboat on White River, no trip to Hawaii, no Russian sable coat clear to the floor or no mutilated ear lobes. Just a simple pair of satin sheets; maybe 20 bucks at the most. How do you spell relief? I spelled it R-E-L-I-E-F.

After she retired that night, I looked up an ad I remembered seeing in a *Playboy* that I had taken away from our grandson to burn. (I hadn't realized that awful thing would be so hard to light.)

"Share with the one you love the luxury of satin sheets," went the pitch. "Experience the intimate, inviting elegance of satin. . . . After 20 years, we know what we are doing in bed. . . . Seven sensuous colors. . . $20 the set."

The next morning, I shot off an order for a set of sheets in sensuous blue and pillow slips in sensuous maize. (True, these happened to be the colors of Michigan, my school, but none were offered in sensuous green or white for Michigan State, where she had flunked her course in Pickle Canning II.)

In all fairness, I must confess that nothing can convert a man's humble dwelling into Buckingham Palace or his humble wife into Princess Diana like a set of satin sheets. How the lovelight in her eyes reflected their shimmering luxury. What promises they held, far too celestial for the earthy occupations of sleep, etc. (Actually, I needn't have been overly concerned about either—and not at all about etc., because etc. never had a chance.)

The first hint of having jeopardized our pursuit of happiness for this look of elegance occurred when I sat down on the edge of the bed to remove my slippers, and the pillow came sliding down to meet me. No pillow that I had known had ever been that friendly. None had even met me halfway. I slid it back where it belonged and reached for my other slipper. And here it came again. Cozied right up against me. I shoved it back again and blocked it with a slipper until I could lie down and anchor the thing with my head.

Reading in a satin-sheeted bed with your head propped on a doubled-up satin-encased pillow is not unlike laying your head in the cradle of a slingshot and having it ejected in slow motion. Before so much as turning the first page, I had oozed down completely beneath the covers. After scooching back into the light for the third time to no avail, I said to heck with it and stayed down, bringing my knees up to my chin and holding the covers up with my feet in order to get enough light to read by. Lois, who had taken an extra 15 minutes in the bathroom preparing for the realization of her childhood dream, found me in this somewhat unorthodox position when finally she came to bed.

"Why did you wait until now to do your exercises?" she inquired.

"Just couldn't wait to hit these sensuous sheets," I said, pulling her pillow out from under the middle of her back and holding it in place until she settled. As this had meant moving my head to the extreme east end of my own pillow, it suddenly squirted out and shot over the nightstand. The rustling behind me, which indicated that the woman with the childhood dream was having no better luck, was of small consolation.

Once we had turned off the light and settled our brains for a long winter's night, it required no more than five minutes for the pillows to work their way out from under our heads (that's one head apiece) and sail off into the darkness. After one scouting trip in which I ran into Lois feeling around for her pillow and liked to scared us both to death, I suggested sticking two-way tape on our cheeks and foreheads. The proposal was defeated by a vote of 1 to 1. So I turned my pillow lengthwise, like a sack of wheat, and placed my head gently—ever so gently—on the top end. I might as well have been hugging a greased otter.

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Eventually, thanks to a state of sheer exhaustion, we both managed to doze off. As later reconstructed, my pillow immediately seized the opportunity to spring out and slap Lois full in the face. Her first impression was that I was trying to smother her. This in turn sent the top sheet and cover flying to parts unknown. We knew where, of course, when we turned on the light: They were draped over the vanity.

At 2:58, by the clock, everything was back in order. By 3:10, the cover of our remade bed had skidded off the top sheet and taken up residence on the floor. And Lois, in turning over, had cacooned herself in the sheet, leaving me protected from the elements by nothing more than pajama bottoms and the few scraggly hairs on my chest. Not that it really mattered.

Percale people will never appreciate how lucky they are to climb into bed with some assurance they will stay there all night. But without velvet pajamas, or clinging to the headboard, or bracing against the nightstand, I defy anyone to remain in one place on a satin sheet for 15 minutes. And when the bed is swayback, as ours is swayback (I could mention whose back has swayed it, but she would deny it), make that ten minutes. Should there be any free time after chasing your pillow, retrieving the cover or competing for the top sheet, it is spent clinging to the edge of the mattress or climbing out of the trough in the middle if you relax your grip.

The morning after our initiation, while we were making up the bed, I offered a few suggestions to whom it might concern. One was to pack her dream away in the attic with the other relics of her youth. The alternative: cut some strips from our outlawed studded snow tires and glue them to the sheets and the underside of the pillows. She said don't be silly, and did that other pillow go under the bed again?

It did. But that was only one of the reasons I was late for work that morning. Standing on opposite sides of the bed, we smoothed out the bottom sheet and drew up the top sheet. Then Lois captured the pillows and held them in place while I pulled up the cover. This left Lois with the option of releasing the pillows or being covered with them. She chose to release the pillows. By now, the top sheet was hanging on the bias on her side. While trying to get it righted, she saw the pillows begin sliding and let go of the sheet to grab them. Her language was by this time becoming improper, so I let go of the cover to help her. The cover seized the opportunity to slide off the end of the bed.

The next laundry saw the satin sheets go into the closet and the percale returned to the old swayback.

Satin sheets do have one advantage. It was Ben Franklin who said, "Fish and house guests smell after three days." With satin sheets on the bed, guests aren't likely to test the three-day mark.

Fortuitously, it was a visiting couple from Lois's side of the family that made the mistake of mentioning that they had never slept on satin sheets. No kidding. Nothing to do but give them a taste of good old Hoosier hospitality by digging out the satin sheets and turning our bed over to them, while we roughed it on the convertible sofa.

I had never slept well on the thing anyway (much practice as I had had), so it mattered little that the commotion and conversation emanating from the adjoining room penetrated the wall with ease.

"Have you got both pillows?"

"No, I think I heard yours hit the nightstand again."

"Could you possibly spare a little of the cover?"

"Me! I thought *you* had it."

It was beautiful. . .until about 4 a.m., when we heard that sickening thud, which we interpreted as something more than a pillow hitting the floor. Having abandoned all hope of sleep, the foolish couple's thoughts had lightly turned to romance.

When we rushed in and turned on the light, there they lay, blinking in bewilderment. The pillows, fortunately, having preceded them, neither was hurt. Physically, at any rate. We spent the rest of the night playing 10-cent skit-scat. They left right after breakfast.

All things considered, maybe I've made worse investments than that 20 bucks for satin sheets. We have a lot of relatives on Lois's side of the family.

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"THE 700 CLUB": ON SCREEN AND BEHIND THE SCENES

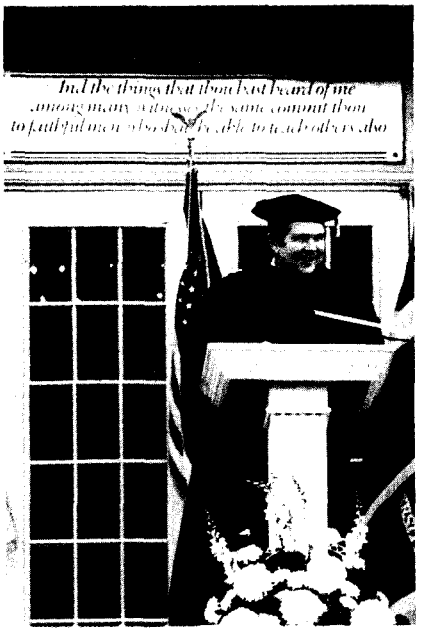
For concerned family members, the Christian Broadcasting Network's "700 Club" has become an oasis of hope in the vast moral wasteland of commerical television viewing.

By William Barry Furlong

He starts the day with prayer. He ends the day with prayer. In the hours between, Pat Robertson lives the life of a minister, a TV star, a fund-raiser and a laid-back boss of a radio-TV network with a $65 million a year budget. He is 51 now—he's been with the Lord for 25 years—and he is seasoned with the humility of the man of Christ, not the driven ego of the high-level media mogul. Even when performing on "The 700 Club"—his fundamental and most famous TV program—he is low-keyed, crinkly eyed, slightly hunched forward into an amenable sitting-stoop and forever endowed with a face that is constantly breaking into a half laugh. ("My people here still tell me that I laugh too much," he says—with a half laugh.) The difference is in what he brings to bear on TV: dignity, determination, insight, responsibility, an endless search for quality—gifts that have become the hallmark for which others reach. But the gift that matters most is the gift of the Lord. It is the gift of vision. Pat Robertson's vision helped make "The 700 Club" the most remarkable talk show on TV. It has also made Pat Robertson's labors the most improbable in the world's ministry.

Not long ago, I took a long, lingering, behind-the-scenes look at Pat Robertson and "The 700 Club." That look provided not only sight and insight but a sense of the feeling behind the Christian Broadcasting Network—the sense of joy that a worthy conflict has been joined, the sense of gratitude over the issues that are in conflict. In the reckless, remorseless dial-switching of modern television—with 13 VHF channels, dozens of UHF channels and scores claimed for cable-TV channels—the viewer today is encountering a shocking variety of programming aimed not only at him but at his children.

As the nation turned toward the 1960s, Pat Robertson was not envisioning a great contest with the huge commercial-television oligarchies of the world. What he was envisioning was a nice, quiet TV station that would go on the air for 60 to 120 minutes a day and reach to the farthest corners of the block he was on. What he started with was a



Dr. M.G. "Pat" Robertson (above) offering final advice to CBN University graduates; (below) with actor Efrem Zimbalist, Jr., airing his Christian experience on "The 700 Club" talk show; (right) CBN's "broadcasting campus" at Virginia Beach, Virginia.

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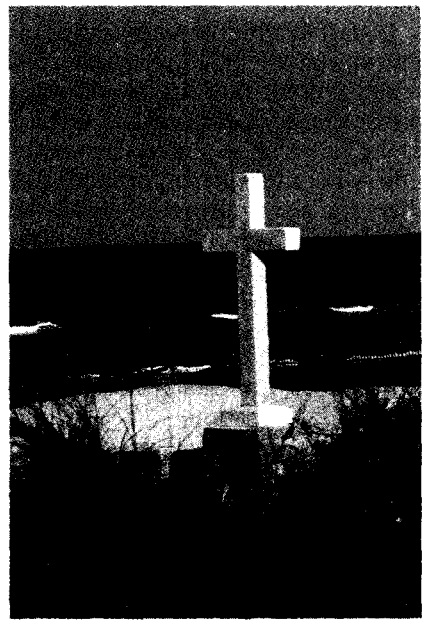
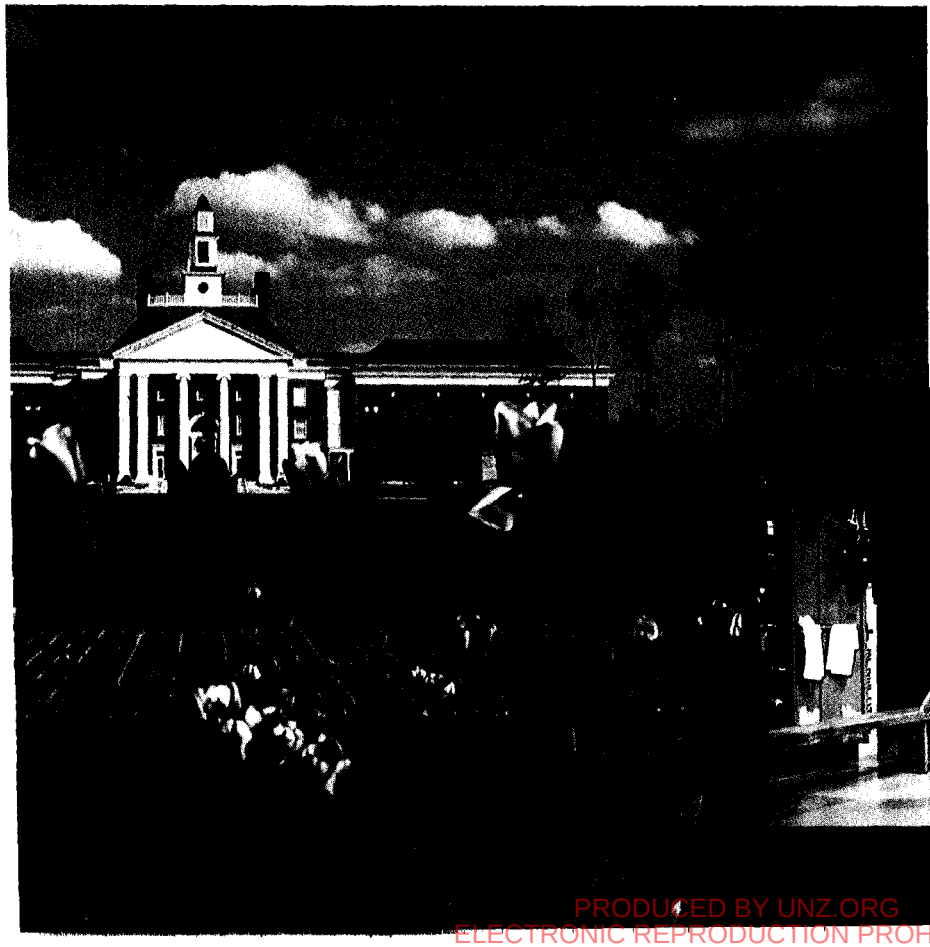
pennies-a-day, one-camera layout in a much-damaged studio on the edge of a tidal swamp on a dead-end street in Portsmouth, Virginia. What he has today is a 347-acre, $33 million broadcasting "campus" in Virginia Beach, Virginia—not terribly far from the tidal swamp where he started. His CBN is on the air not for minutes a day but for 24 hours a day. It has its talk show and a soap opera and break-in newscasts, which keep viewers informed in much the same manner as the three major commercial networks do. Further, it is on radio and TV and cable, and it owns its own stations—four in the U.S.—as well as powerful broadcasting facilities in Central America and Lebanon. CBN has 1,300 employees, 2,600 outlets (including cable and those in a dozen foreign countries), more than 150 over-the-air affiliates in the U.S. and a viewer loyalty that transcends anything known in commercial TV: The watchers of CBN don't buy products; they buy God.

The "flagship" program of the CBN is "The 700 Club." It got its name from a 1960s effort by Pat Robertson to keep his first program on the air. The pennies-a-day cost of broadcasting the show mounted to dollars a day and then to hundreds of dollars a day. By 1962-63, the program was costing $7,000 a month—pennies a day by today's standards—and he was desperate for "survival" money—lots of it. So he went before the cameras and asked for 700 people to donate $10 a month to keep the station on the air. He didn't get it. He got $3,500 that first month. But he kept trying, and the idea of a "club of 700" hung on long enough to give the name to the flagship TV show. Today the "club" has gone far beyond the original vision: Some 300,000 people donate $15 a month to keep CBN on the air, and upwards of 160,000 to 175,000 others donate money on an annual basis.

Live, "The 700 Club" goes on the air at 10 a.m. (In some parts of the county, it is seen on a taped rerun at 3 p.m. or at 9 p.m.) The time is not free; in most cases, CBN must pay for it, just as a commercial sponsor might do. Preparation for the program starts long before air time. Under the guidance of producer Michael Little, there is a never-ending process of shaping issues, getting guests, gathering tape or film and/or news reports for a particular segment and putting everything together in the service of the Lord. By the early morning of air time, when Pat arrives at Studio 7, having read through as many as a half dozen or so publications as a prebreakfast pastime, the structure of the program has been distilled to a few succinct words and charts.

On one of those days when I was privileged to look behind the scenes of "The 700 Club," those words and charts filled seven pages. In them, one could find—quite astonishingly—41 different segments, or "bits," as they are called in show business, to the 90-minute show. They ranged from 40 seconds for the opening to 12 minutes for the interview of a Soviet dissident named Victor Borovsky (who speaks most-





(Above) Replica of the cross at Cape Henry raised by Jamestown settlers, who prayed that the gospel would go forth from there—as it has under Pat Robertson, a settler descendant. (Below) Boxer Archie Moore adds his punch to CBN's "flagship" program, "The 700 Club."

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ly Russian), from 30 seconds for a videotape promotion for fund-raising for "The 700 Club" to seven minutes, 30 seconds for an interview by Pat's cohost, Ben Kinchlow, with a man named Frank Peterson, who'd first gone to prison for his crimes and then, on being released, had gone back to prison to serve his Lord in the ministry.

The most impressive fact of the structure and substance of "The 700 Club"—when one is privileged to view it behind the scenes—is not just the precise timing but the high art of conceiving the show. It is that conception that has given "The 700 Club" distinction among talk shows and made it distinct from other shows of the TV ministry.

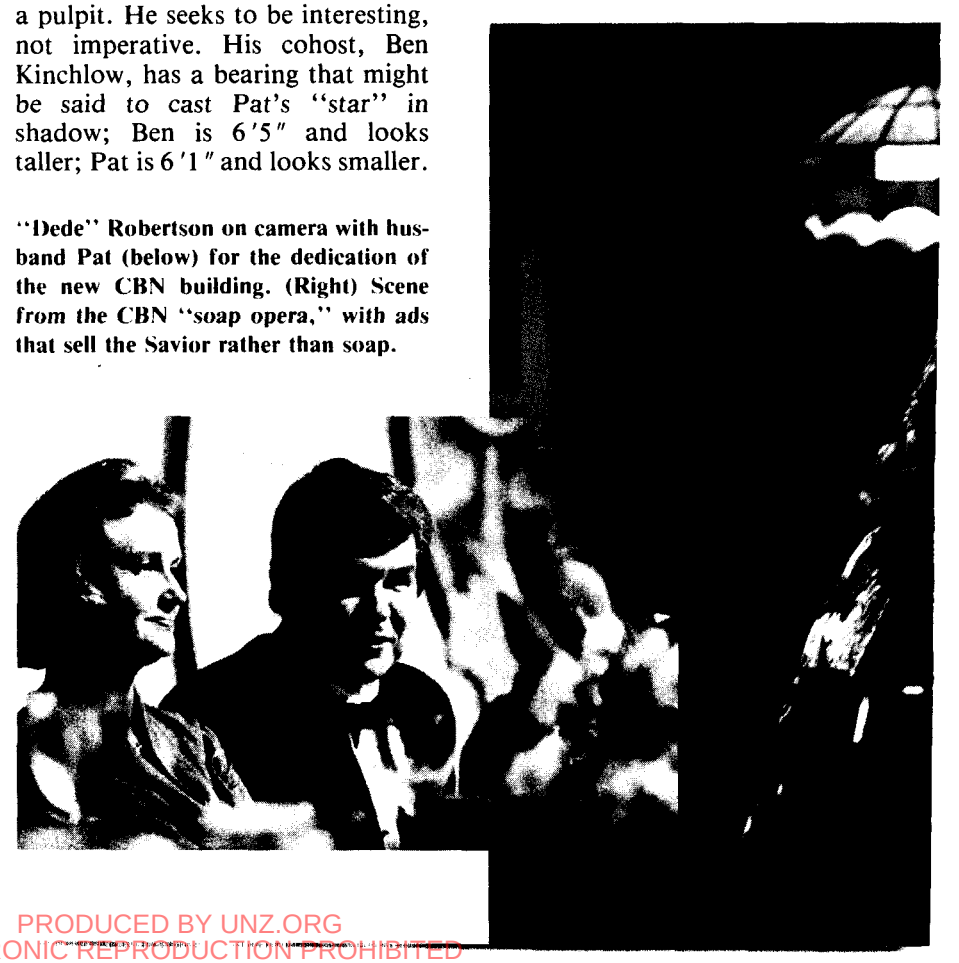
It started with the single most important fact of Pat Robertson's TV organization: that its work must please the Lord even before it pleases the viewer. This is a concept never otherwise tried in commercial TV; there the aim is always to please the viewer and, through him, to get money from the sponsor. On CBN, the Lord is the "sponsor," the source of all good works and the rich texture of the show. He comes first in the show's conception, in the show's preparation. The second most important factor involves the viewers' needs and preferences. That is to say, the programming of "The 700 Club" is based on a faith in the Lord, but it is also laced in a particular way with the kind of information that gives life flavor as well as dimension. Pat Robertson has used "The 700 Club" to become a "fisher of men" with a somewhat distinctive bait.

Robertson decided not just to seek men and women who agree with the Bible and the proclamations of the Lord. He decided to reach out also to those other men and women who know nothing about the Bible. He knew he could not preach the gospel alone; most of the people simply won't listen. What he had to do was offer them a special bait, to lure them with something they already know they need: the information to make life richer. Once they were hooked on absorbing such information from "The 700 Club," he figured to tell them something they need but *don't know* they need: a personal relationship with Jesus Christ.

That's why, about a year ago, he offered on "The 700 Club" information of a secular nature as well as information of a specific Biblical nature. He decided to develop an excellent TV talk show—one that would be recognized as such, even in the shadowed canyons of Manhattan—that would, at the same time, be different from all the other shows in the TV ministry. In addition to religious information, it would provide secular information in a strong framework of Christian values and Christian attitudes.

In a sense, he already had a show that was different from most of the others then in TV's "electronic evangelism"—those run by Oral Roberts and Jerry Falwell and Jimmy Swaggart and Dr. Robert Schuller and Ernest Angley, not to mention the occasional "specials" starring the Rev. Billy Graham. All of these have long been, basically, "preacher-and-pulpit" shows. They put the preacher into a pulpit—or a pulpitlike setting—and keep the cameras focused on him for the program's entirety while he preaches his sermon.

In contrast, Pat Robertson—an ordained minister with a doctor's degree in religious studies—attempts to play the host, not the preacher. His setting is a group of chairs in a den or a living room, not a pulpit. He seeks to be interesting, not imperative. His cohost, Ben Kinchlow, has a bearing that might be said to cast Pat's "star" in shadow; Ben is 6′5″ and looks taller; Pat is 6′1″ and looks smaller.



"Dede" Robertson on camera with husband Pat (below) for the dedication of the new CBN building. (Right) Scene from the CBN "soap opera," with ads that sell the Savior rather than soap.

Kinchlow also has a mind so deep and a wit so quick—and sometimes so droll—that Pat himself is sometimes broken up on the air by Ben's comments. Their complementary interviewing skills are directed toward well-known personalities from both Christian and secular worlds. Recent guests include political commentator William F. Buckley, singer-entertainer Pat Boone and White House Chief of Staff Edwin Meese.

The point is that with all this quality around him, Pat Robertson is anything but a "camera hound." He is not seeking to be the "star," everlastingly in focus on camera. Analyze it for yourself. Take a man's wristwatch and check off the minutes you see the "star" of most of the other "evangelical ministry" shows on camera. In most cases, it is 95 to 99 percent of the time, not counting the time the choir is on camera.

The mere absence of an obvious "preacher" on camera is a hook to most of those who are not already oriented toward Christ. Most nonbelievers will tune right out when they switch dials at random and catch the "preacher-and-pulpit" format of the usual TV evangelical show. In the case of "The 700 Club," they catch, instead, the for-

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mat of an interesting—if uniquely oriented—TV talk show. To be sure, the wide variety of types is placed in a Christian context, but the basic lure—for the believer and nonbeliever alike—is that there is a great deal of useful information that is not often offered in preaching. Says Pat Robertson: "I don't believe that anybody would sit in church 24 hours a day"—which is the total span of his CBN broadcasting day—"no matter how devout they are. I intend to produce the finest possible Christian broadcasting. I'm also concerned that there's a dearth of family oriented programming on the [commercial] networks, and we're making a conscious effort to produce more of that."

All this does not crowd out the ministerial impulse of "The 700 Club." The art with which this is inserted can be seen on screen as well as behind the scenes. It involves several segments of prayer every morning. There is prayer for those burdened with illness, with alcoholism, with chronic depression, with the bowing burdens that are heaped on family members.

There is yet another ministerial action. It reaches out to people so deeply mired in their own desperation that they don't know who or where to call for help. Pat Robertson gives them both. He puts on-screen the number of a CBN counseling service in the viewer's own hometown—a counseling service that will offer help immediately. He does it locally through local churches (and using local money in a matching-fund system backed by CBN) so that those who need help never feel the help is distant and remote. In this sense, "The 700 Club" may be an historic act in the ministry as well as TV. Few other ministerial systems get into millions of homes every day with its classic message: "We want to help. We're here to help. But we don't know where you are. Or who you are." That is the immense problem of this kind of good work: locating the people who need help the most. That is the problem that "The 700 Club," uniquely among the TV ministries, has solved. It gets its offer to help into those millions of homes every day at the time when people are listening, not in the "religious ghetto" hours of 5 a.m. to 10 a.m. Sunday but at the peak of the viewing hours every weekday morning, every weekday afternoon and during prime time on weekday evenings.

To those who understand the intense behind-the-scenes maneuvering in TV, the significant thing is that Pat Robertson shows it is possible to deliver help to the helpless and to deliver the message of the Lord without compromising the highest standards of TV. Indeed, he does it while raising those standards in every possible dimension, not only in programming but in the way the programming is delivered. His CBN has the finest equipment available in American TV: Studio 7, home of "The 700 Club," is one-fourth the size of a football field, has a remote-control, push-button, computer-based system that allows 53 pieces of scenery to be moved at one time—without human stagehands—and has a lighting system that not only provides light but heat (first for the studio—which has no other heating—but also for the rest of the vast headquarters building). These are the tools that Pat Robertson uses—these and his faith in the Lord. He is, he feels, amply rewarded for his efforts in making the most of them.

For most talk-show hosts, the high-pressure part of the day ends when the cameras go off. For Pat Robertson, it is just beginning. When he walks off the set of "The 700 Club," all he need do is run the huge sprawling network. In both roles, his mission is to make his TV ministry better and to make TV better—to provide an effective and uplifting alternative to the tawdry goals of cable and commercial TV. His success so far has made "The 700 Club" distinctive among talk shows and has made his mission for God unique in the ministry.

Ben Kinchlow, 6-foot 5-inch devoted layman cohost of "The 700 Club"—whose bearing, sincerity and articulation rival that of founder Pat Robertson—often takes over the entire show.

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YASH THE CHIMNEY SWEEP

The brain is full of all sorts of little doors and chambers. . .and sometimes a knock on the head upsets the whole business.

by Isaac Bashevis Singer

Translated by Mirra Ginsburg

Illustrated by Maurice Sendak

There are knocks and knocks. A knock on the head is no joke. The brain is a delicate thing, or why would the soul be lodged in the brain? Why not in the liver or, if you pardon me, the gut? You can see the soul in the eyes. The eyes are little windows for the soul to look out of.

We had a chimney sweep in town, nicknamed Black Yash. All chimney sweeps are black—what else can they be?—but Yash looked as though he had been born black. His hair was spiky and black as pitch. His eyes were black, and his skin could never be washed free of soot. Only his teeth were white. His father had been the town's chimney sweep, and Yash inherited the job. He was already a full-grown man, but he wasn't married and lived with his old mother, Maciechowa.

He came to us once a month, barefoot, and every step would leave a black mark on the floor. My mother, may she rest in peace, would run to meet him and let him come no further. He was paid by the town, but the women would hand him a groschen or a slice of bread after he had done his work. That was the custom. Children were terrified of him, although he never harmed anyone. And while he was the chimney sweep, the chimneys never caught fire. On Sundays, like all gentiles, he would wash up and go to church with his mother. But washed, he seemed even blacker than before; maybe that's why he had never found a wife.

One Monday—I remember it as yesterday—Feitel the water carrier came in and told us that Yash had fallen off Tevye Boruch's roof. Tevye Boruch owned a two-story house in the market square. Everybody felt sorry for the chimney sweep. Yash had always clambored over the roofs as nimbly as a cat, but if a man is fated to suffer a misfortune, it cannot be avoided. And it had to be the tallest building in town, too. Feitel said that Yash had struck his head, but had not broken any limbs. Someone had taken him home. He lived on the outskirts of town, near the woods, in a ramshackle hut.

For a while nobody heard of Yash. But what did a chimney sweep matter? If he could no longer work, the town would hire someone else. Then one day Feitel came again, with two pails of water on his yoke, and said to my mother, "Feige Braine, did you hear the news? Yash the chimney sweep has turned into a mind reader." My mother laughed and spat. "What sort of joke is that?" she asked. "It's no joke, Feige Braine," he said, "it's no joke at all. He is lying on his cot with a bandaged head and guessing everybody's secrets." "Have you gone crazy?" my mother scolded. Soon the whole town was talking about it. The knock on Yash's head had loosened some screw in his brain, and he became a seer.

We had a teacher in town, Nochem Mecheles, and he called Yash a diviner. Who had ever heard of such a thing? If a knock on the head could make a man a seer, there would have been hundreds of them in every town. But people had gone there and witnessed it with their own eyes. A man would take a fistful of coins from his pocket and ask, "Yash, what have I got in my hand?" And Yash would say, "So many three-groschen coins, so many fours, sixes, kopecks." The coins would be counted, and everything was right to the last groschen. Another man would ask, "What did I do last week at this time in Lublin?" And Yash would say that he had gone to a tavern with two other men. He described them as if they were standing before him.

When the doctor and the town authorities heard the story, they came running. Maciechowa's hovel was tiny, and so low that the visitors' hats touched the ceiling. They started questioning him, and he had all the answers. The priest became alarmed; the peasants had begun to say that Yash was a saint. A little more, and they would have started taking him around on pilgrimages, like an icon. But the doctor said he was not to be moved. Besides, no one had ever seen Yash in church except on Sundays.

Well, there he was, lying on his pallet, talking like an ordinary fellow—eating, drinking, playing with the dog his mother kept. But he knew everything: what people had in their breast pockets and in their trouser pockets; where this one had hidden his money; how much that one had squandered on drink the day before yesterday.

When his mother saw the rush of visitors, she began to charge an admission price of a kopeck per head. She got it, too. The doctor wrote a letter to Lublin. The mayor of the town sent in a—what do you call it, now?—a report, and highly placed personages came down from Zamosc and Lublin. The governor himself was said to have sent a deputy. The mayor became frightened and ordered all the streets cleaned up. The marketplace was swept so clean that not a stick or a straw remained on the ground. The town hall was hastily whitewashed. And all because of whom? Yash the chimney sweep. The house of Gitel the innkeeper was in an uproar—who had ever dreamed of such important guests?

The entire company set off to see Yash in his hut. They questioned him, and the things he said struck fear into the hearts of the officials. Who knows what such people can be guilty of? They all took bribes, and he told them so. What does a chimney sweep understand? The most important visitor—I forget his name—insisted that Yash was crazy

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and should be sent to an asylum. But our doctor argued that the patient could not travel; it would kill him.

It was rumored that the doctor and the governor's deputy had strong words, and it had almost come to blows. But our doctor was an official himself; he was the county doctor, and he sat on the draft board. He was a hard man—nobody could ever buy him off, so he had no fear of Yash's second sight. Anyway, the doctor won out. But afterward the deputy reported that Yash was crazy, and he must have complained against the doctor, because he was soon transferred to another district.

In the meantime, Yash's head healed and he went back to sweeping chimneys. But he kept his strange powers. He would come into a house for his groschen, and the women would ask him, "Yash, what's there, in the left-hand drawer?" or, "What do I have in my fist?" or, "What did I eat yesterday at supper?" And he

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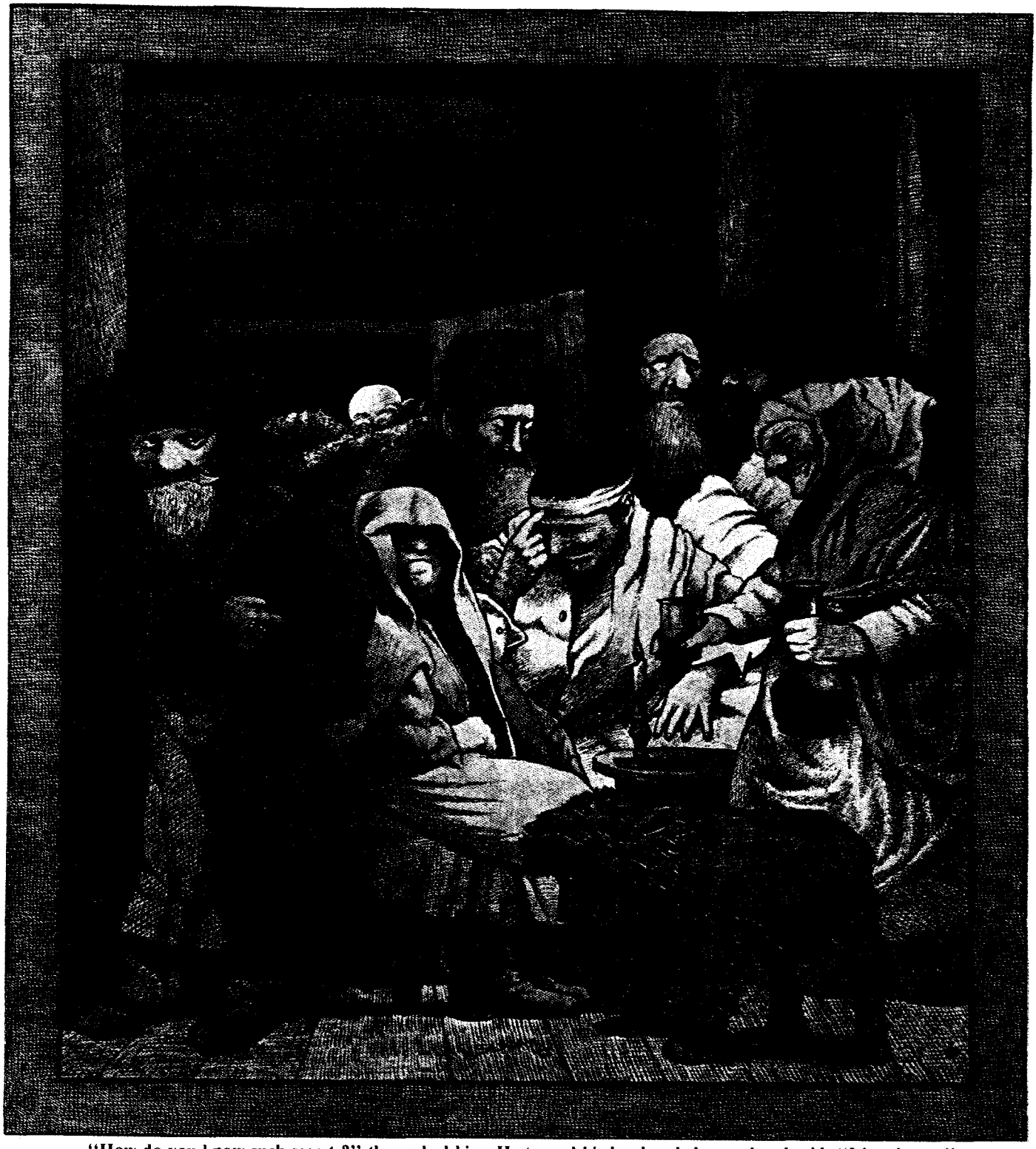

"How do you know such secrets?" they asked him. He tapped his head and shrugged and said, "I just know."

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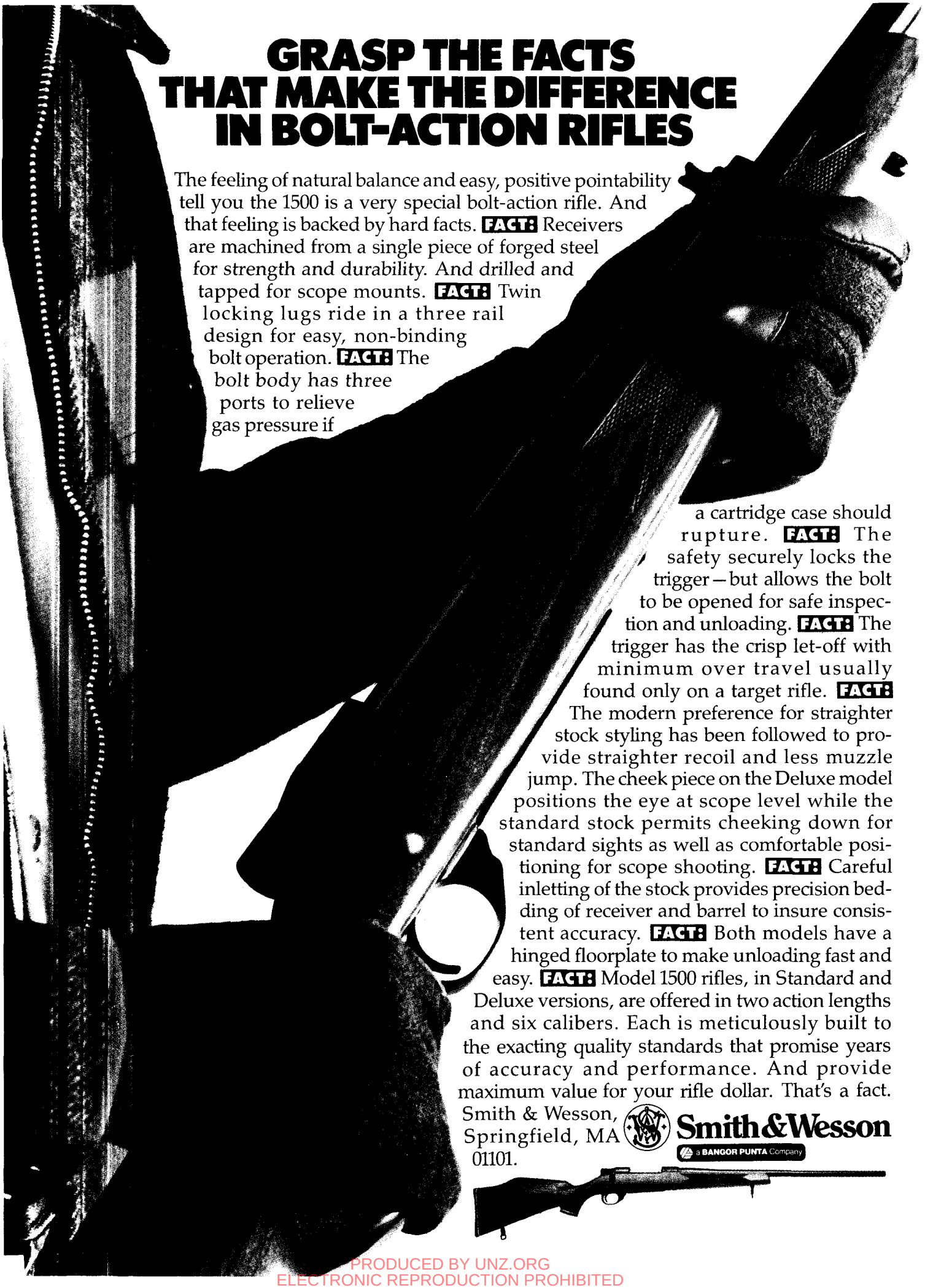
GRASP THE FACTS THAT MAKE THE DIFFERENCE IN BOLT-ACTION RIFLES



The feeling of natural balance and easy, positive pointability tell you the 1500 is a very special bolt-action rifle. And that feeling is backed by hard facts. **FACT:** Receivers are machined from a single piece of forged steel for strength and durability. And drilled and tapped for scope mounts. **FACT:** Twin locking lugs ride in a three rail design for easy, non-binding bolt operation. **FACT:** The bolt body has three ports to relieve gas pressure if a cartridge case should rupture. **FACT:** The safety securely locks the trigger—but allows the bolt to be opened for safe inspection and unloading. **FACT:** The trigger has the crisp let-off with minimum over travel usually found only on a target rifle. **FACT:** The modern preference for straighter stock styling has been followed to provide straighter recoil and less muzzle jump. The cheek piece on the Deluxe model positions the eye at scope level while the standard stock permits cheeking down for standard sights as well as comfortable positioning for scope shooting. **FACT:** Careful inletting of the stock provides precision bedding of receiver and barrel to insure consistent accuracy. **FACT:** Both models have a hinged floorplate to make unloading fast and easy. **FACT:** Model 1500 rifles, in Standard and Deluxe versions, are offered in two action lengths and six calibers. Each is meticulously built to the exacting quality standards that promise years of accuracy and performance. And provide maximum value for your rifle dollar. That's a fact.

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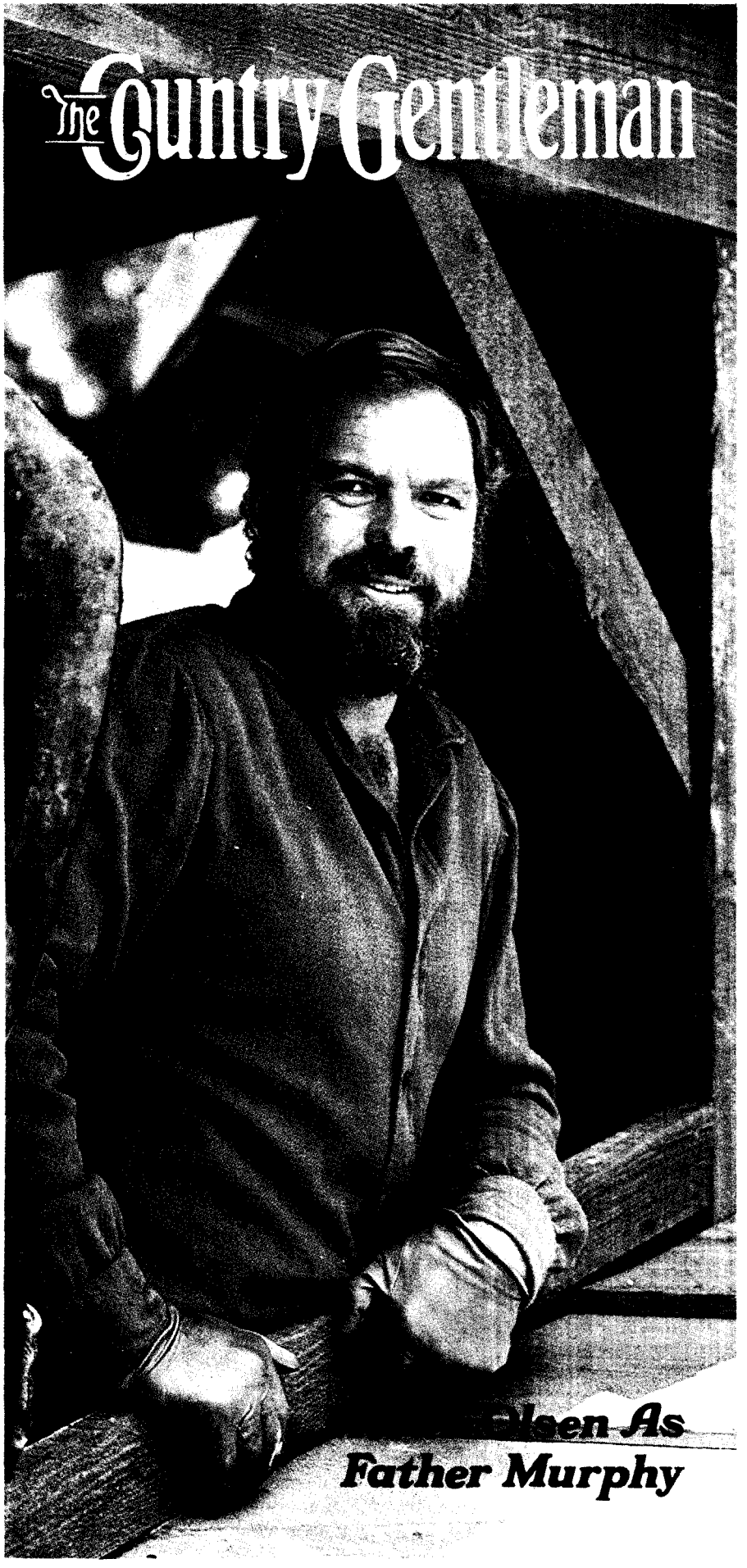

After football fame with the L.A. Rams, this intimidating 275-pounder has tackled everything from sports broadcasting to "Little House on the Prairie" to his current television triumph, "Father Murphy."

by S. LaMar Wade

For 15 years, Merlin Olsen made his living knocking people down. As a 6-foot-5, 275-pound defensive tackle for the Los Angeles Rams, his hits weren't recorded by statisticians; they were monitored by seismologists. He never had his name sewn on his jersey—just a "Do Not Feed" sign.

Now, instead of getting paid to knock people down, he gets paid to uplift them. He's been doing that for the past five years as Jonathan Garvey on NBC's "Little House on the Prairie" series. And in addition to his National Football League broadcasting chores, he's starting his second season as headliner of his own show, "Father Murphy." In a role that draws on his pastoral personality and rural West upbringing, Olsen stars as an unpolished Dakota goldminer who strikes it sentimentally rich, impersonating a priest to help save a group of orphans from the clutches of the harsh state workhouse. This TV season he has shed the robe, having married the orphanage's schoolteacher and become the orphans' legal guardian.

"We had a great deal of fun originally with the idea of Father Murphy impersonating a priest," says Olsen. "But we found that that started to get into the road as we progressed. It was so difficult to explain to people who had missed the pilot episode why Father Murphy had to dress up as a priest. I'm happy with the new situation."

It may seem out of character to see this behemoth hugging children instead of crashing about on our TV screen. But not so, considering a remark made by one of his former NFL rivals. Former Green Bay Packer Bill Curry once described Olsen as a "magnifying glass and a pile of leaves," threatening "to burst into flame all the time." So despite the transition from an intimidating athlete to a Paul Bunyan of pioneer America, Olsen is still propelled by that intensity.

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"It's a tremendous contrast from sacking quarterbacks and hand-to-hand combat," he concedes. "In football, I knew what my responsibilities were, and I knew what I needed to do to be good. I wanted that kind of intensity and concentration when I went into acting. I don't think that part of my personality is gone. Some of the things Jonathan Garvey and the new character, John Michael Murphy, do are pretty violent. You have to remember that back in the days of 'Little House' you had to fight to survive."

This switch from strength to sentiment didn't really involve any wizardry for this Merlin. "Anytime you deal with honest emotions, you see it," he says. "That's one of the things I've learned through Michael Landon. You don't have to be macho to be manly. It's all right to cry. It's all right to care about kids and dogs. Besides," he chuckles, "I've always been more comfortable with kids and dogs anyway."

So, is Jonathan Garvey—or John Michael Murphy—the alter ego of Merlin Olsen? "Not purely so," he has decided. "But we share a lot of values."

They actually have quite a bit in common. Merlin Olsen's formative years were very much like those of Jonathan Garvey and John Michael Murphy. Olsen is the second oldest of nine children born to mother Merle and father Lynn Olsen of Logan, Utah. And he grew up in surroundings not unlike Walnut Grove.

He worked on a farm in northern Utah's Cache Valley, caring for dairy cattle, baling hay, doing some construction work and serving as a hod carrier. He sometimes hunted deer and elk for family meals and even helped out by peeling potatoes and canning peaches along with his brothers and sisters. And his family knew the importance of religious instruction as dedicated members of the Mormon Church.

And that's precisely why Michael Landon, executive producer of both "Little House" and "Father Murphy," considers Olsen a natural. He says he's capitalizing on Olsen's real-life disposition and experience.

Surprisingly, Olsen found his football colleagues responded to his new role not with guffaws but with encouragement.

"I started doing Jonathan Garvey within months after my retirement from football. And I knew I'd have to go back and see (my football friends) when we did the broadcasts. And I was a little concerned how they'd react," he recalls. "But they loved it! Some of these big guys you think chew nails came up to me and said, 'Hey, I sit down with my kids and watch the show.' Most of the reaction has been positive."

Olsen, All-American at Utah State University, has now been inducted into the Pro Football Hall of Fame.

In fact, that's a major reason, says Olsen, that "working with 'Little House' has been such a good experience." Explains Olsen, "I have three children"—daughters Kelly, 17, and Jill, 14, and son Nathan, nine—"and here's something I can say, 'Look, kids, I've been working on something, and I'd like you to see it.' How many shows could you do that with? I think that's a tribute to Michael Landon and the kinds of ideas he's been able to put on TV."

Yet he realizes that some critics think "Little House" is too syrupy and charming to be realistic. And he has caustically been labeled a "graduating member of the 'Little House' Mafia." But he's not bothered by any of that. "Some people would rather watch a show that'll give them 30,000 thrills in a half-hour. But that's not the way life is," Olsen figures. "Because of the framework it's in and because young children are going to be watching it, you have to keep the show rather simple. But I think the strength of the show is its simplicity.

"My great grandparents came out on the wagon trains and settled in Utah," says Olsen. "And survival was the key. Like in the show, the important thing was not that the house was beautiful, but would it survive the winter? Sometimes we try to put our own kind of complexity into the situation. But we ought to remember those people were out there trying to survive."

On a broader spectrum, Merlin Olsen is concerned about what sort of morals television is molding for today's youth.

"We've kind of gotten lost a little bit," he says of the television industry. "We do have a responsibility to young people who spend a lot of time in front of the TV and accept what they see. TV has made a greater impact on us than anything in our society. We're not exactly sure just what impact TV has had on us. But we do know kids spend more time sitting in front of the TV than they do reading and talking to their parents and doing their homework. It's almost like a sleeping pill; you can sit there for hours without doing anything. There's no response required."

He gives an example. "What scares me is here in California, there was a bank robbery within sight of a school. The robber ran out of the bank and was shot and killed. . .all in front of the children," he recounted. "And there was almost no response from the children. I guess they'd seen it on TV too many times. Maybe we've been desensitized by TV. If we're doing that to people, we've done a great disservice." As for the contribution of "Father Murphy," Olsen says, "There are so many shows that deal with life in the fast lane. If all you see on television are people who drink, use drugs and go racing around from bed to bed, you begin to believe what you see, that everybody lives like that. We show another style of life. We help to even the scale. I don't know if television really molds children's morals, but I definitely feel there's a role there."

He's troubled that this same irresponsibility has spilled over into college athletics. Laments Olsen, "I think something sad has happened. We've changed the structure of athletics today, and athletes are

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becoming lazy. There's too much willingness to compromise. One of the responsibilities a school has is to make sure the athlete is getting an education. By eliminating personal responsibility, we've allowed the athlete to remain like a child.

"The athlete gets a cushy summer job, gets to sign up for easy classes and can make it through college with very little effort," he says. "The guy who gets hurt worst is the athlete. He's not asked to carry the responsibility that'll make him grow.

"I didn't go to school to be an athlete," Olsen states. "I applied the same kind of competitiveness in the classroom that I did on the football field—and it's paid dividends."

Indeed it has. At Utah State University, Olsen is probably best remembered for those accomplishments that won him induction in November 1980 into the College Football Hall of Fame. He was consensus All-American his senior year, won the Outland Trophy as the nation's top collegiate defender and played in three post-season all-star games.

But Olsen hit the schoolbooks as hard as his football foes to be graduated *summa cum laude* in 1961 with a degree in finance and a Phi Beta Kappa key. And he returned to earn a master's degree in economics. As a testimony to his excellence in a variety of campus activities, the athletic trophy case in the Utah State basketball arena houses a photo of Merlin Olsen—not in football gear but in military dress as the school's ROTC commander.

Success followed him to professional football, a hazardous business he endured 15 years where the average career span is four. He played in a record 14 Pro Bowls, was the Rams' Most Valuable Player in 1970 and 1972, the NFC's Most Valuable Lineman in 1973 and was the league's MVP in 1974.

"The most exciting thing was playing the game," Olsen says. But he calls his induction this past August into the Pro Football Hall of Fame "a layer of whipped cream on a very nice dessert. It was certainly the greatest honor accorded to me as an athlete."

Nevertheless, he didn't rely on his athletic reputation to guarantee him a second career. He believes plain, hard work has carried him through.

"Being an athlete doesn't qualify you to be anything other than an athlete," he stresses. "Like (Miami Dolphins' Coach) Don Shula said, 'Winning is never final; it just means you've been there.' Hard work and preparation are what will keep you there. If you're really good at what you do, you make it look easy. And in being good, you go unrecognized. I understood that (while playing football). And that's one of the reasons I survived as long as I did. In the long run, if you do your job, people will know."

Merlin Olsen learned at an early age that he would have to depend more on perseverance than physical ability. "Up through the ninth grade, I was always cut off teams. I wasn't coordinated. I couldn't stand up straight on a flat sidewalk," he recalls with a laugh. "And the coaches would tell me, 'We're trying to prepare kids for the high school team, and you're just in the way here. Why don't you go out for the school newspaper?' I couldn't say anything. I was too busy fighting back the tears. But then I made the sophomore football team.

"I think one of the underlying needs for success is some kind of frustration," he reasons. "You have to say to yourself, 'I don't care what happens. I'm going to go out and do that.' You have to have that fire, that burning desire, to take that

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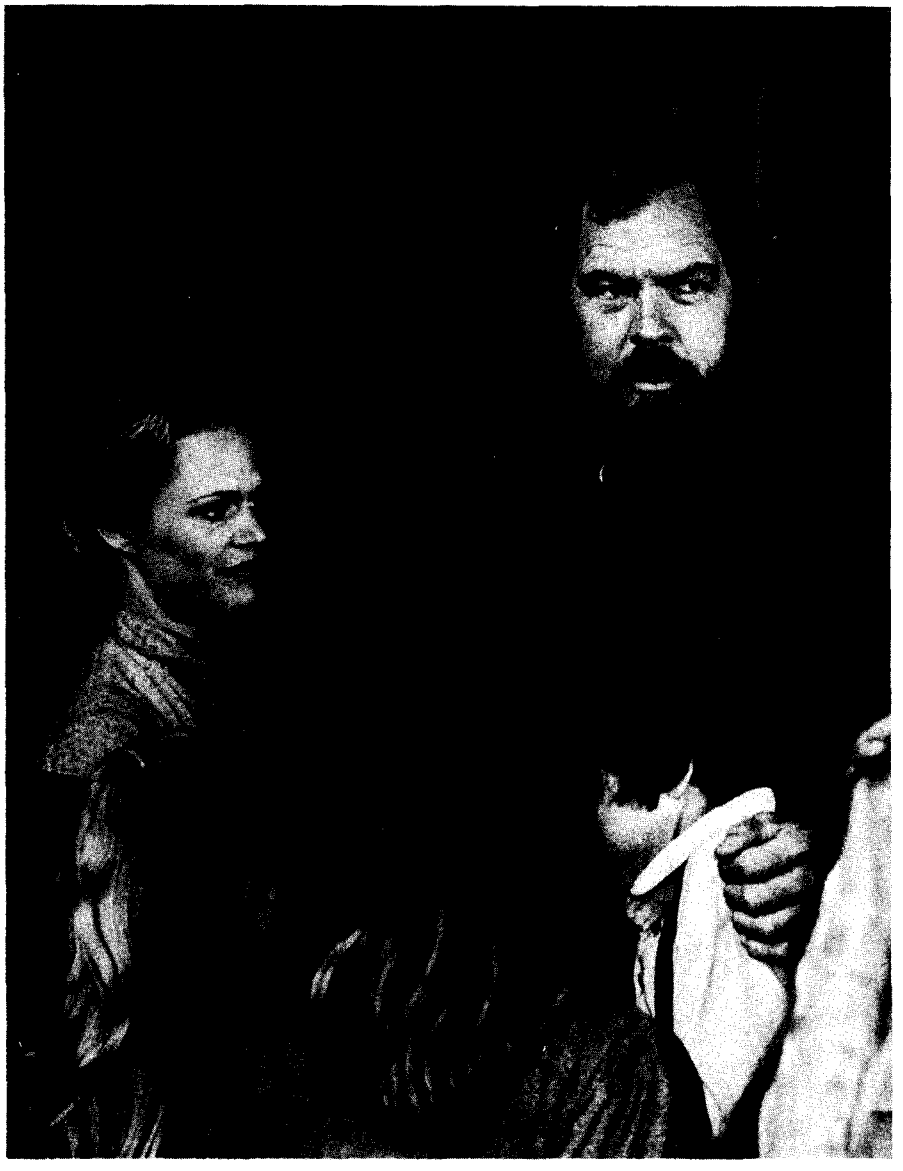

After Olsen's debut in *The Undefeated*, starring John Wayne, director Andrew McLaglen said, "The big kid's a natural. If he wanted to, he could make acting a career." The big kid wanted to—and the director was right.

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RESTORING OLD HOMES... FROM COTTAGES TO CASTLES

Good investment for the rich, good exercise for the not so rich. Home restoration is a hobby, an education in art history and a means of satisfying man's urge to create.

Making the Most of a Mansion

by Richard H. Jenrette

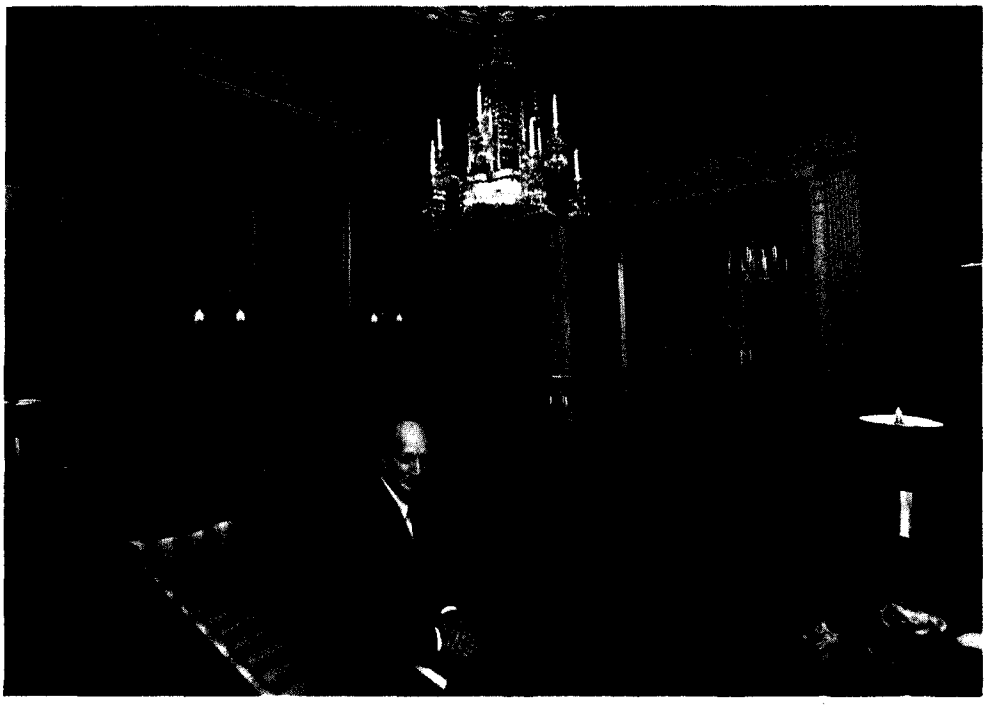
My pet project for the past 15 years or so has been restoring old houses—particularly those dating back to the early 19th century. Out of this grew my interest in collecting and restoring antique furniture of the same period. Started purely for enjoyment, this hobby has produced some of my best investments.

The early 19th century also happens to be my favorite period of American history. The years from 1800 through the 1830s might be described as the Classical period, since we were modeling our young republic on Greek and Roman models. It was a very idealistic and self-confident period following the War of 1812, which reconfirmed the independence we had won from England in the earlier Revolutionary War. At that time, Americans were "building for the ages" unlike the "throwaway" or disposable economy of our mobile or rootless society today.

While I am certainly romanticizing the past, those days seem to me a period when we were doing things right—like the simplicity of purpose one finds in the "takeoff stage" of a young growth company. Ronald Reagan's "new federalism" recalls this era, known by historians as the "era of good feeling."

All of the above is probably too lyrical an introduction to a hobby I stumbled onto during the boom on Wall Street, which culminated in 1968 when the Dow Jones Industrial Average soared through 1,000. In that year, I bought my first old house—a monumental multicolumned Greek revival mansion, known as Roper House, overlooking the harbor of historic Charleston, South Carolina. It was literally love at first sight! Since I work in New York City and was merely vacationing in Charleston, the purchase was totally frivolous—or so it seemed. The $100,000 price, I later discovered, was the highest anyone had ever paid for a single-family residence in Charleston's 300-year history. For a while, I felt like a tourist who'd been taken by the natives. Later I discovered the house previously had been bought by another Wall Streeter—Solomon Guggenheim in, of all years, 1929—on the eve of the Great Crash. Since the stock market in 1968 somewhat resembled the excesses of 1929, I feared that history was about to repeat itself—just as I had saddled myself with a big white elephant. Fortunately, I didn't turn around and resell the house, despite these forebodings, because it is now worth nearly $1 million. But my fears about the stock market were not totally unfounded. Some 14 years later, the Dow Jones market average is actually down in value by some 20 percent from the 1,000 level at that time. It was, in fact, a good time to get out of the stock market. The round-robin or real estate purchases I subsequently made produced far better investment results.

Buying an old house can be addictive; since 1968, I have bought and restored a dozen early 19th-century structures. Included along the way was the rebuilding of a massive 250-room pre-Civil War hotel in Charles-



Sitting in the drawing room of the elegant New York City townhouse recently restored, Richard H. Jenrette, chairman and chief executive officer of Donaldson, Lufkin & Jenrette, is justifiably pleased with his refurbishing job. He takes even more pride in having restored his banking firm, which stumbled financially during the mid-1970s.

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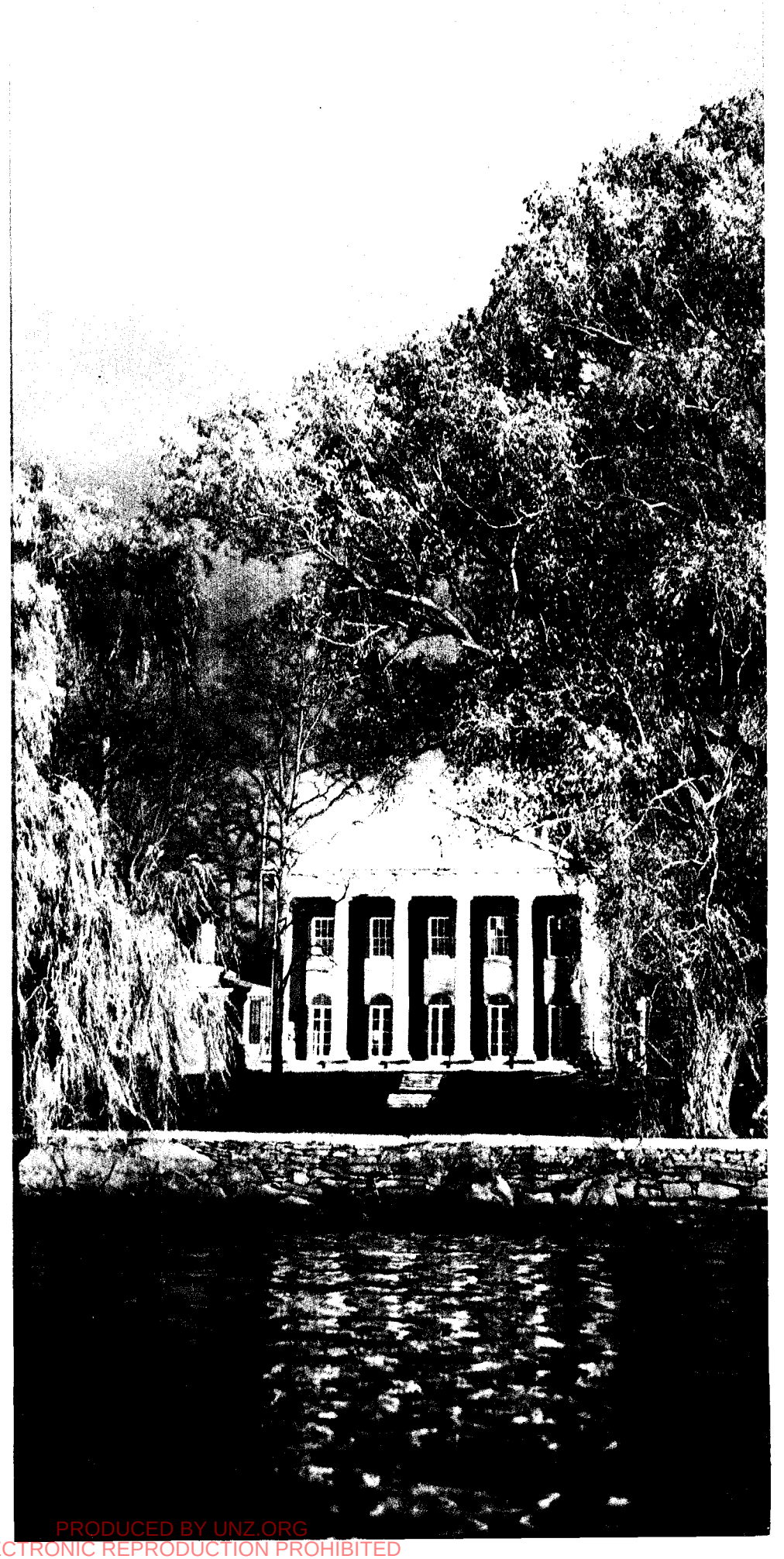
Jenrette's lifelong love of architecture and antiques led to the purchase and restoration of a number of classic homes. One is Roper House, a dramatic Georgian home built in Charleston, South Carolina, before the Civil War. Another (not shown) is a Manhattan townhouse originally owned by a Vanderbilt.

ton, which almost sank me, but also had a happy ending. I sold the hotel a couple of years ago after operating it for 10 years. It turned out to be an excellent tax shelter, producing a time-adjusted 24 percent compounded rate of after-tax return on the actual cash invested. Obviously, I would not have done nearly as well in the stock market. I have also sold other properties for various reasons, making at least some profit on each transaction (but not as much as if I had held them all).

Today I still have three of my original purchases, including Roper House. Edgewater, a magnificent circa-1820 Hudson River villa with six massive Doric columns framing the view of the Hudson, was acquired in 1969 for $120,000 and today would be valued upwards of $1 million, despite the fact that the upstate New York real estate values remain among the lowest in the nation (a reflection of our high state taxes, which encourage the affluent to move to Connecticut or New Jersey). I also own a late Federal New York City brick townhouse, built in 1826 and retaining all its original mantels and woodwork. This house also would appear to have nearly tripled in value as the Manhattan real-estate market has regained investor favor. Since I financed most



Edgewater, a magnificent colonnaded Federal-style mansion built circa 1820 near Tarrytown, New York, is named for its proximity to the Hudson River. Acquired by Jenrette in 1969 for $120,000, today, even in the currently depressed real-estate market, it would be valued at more than $1 million.

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Edgewater, purchased from novelist Gore Vidal, is a perfect setting for Jenrette's collection of American Empire art and early-19th-century antiques. The red music room contains, among other treasures, an unusual Duncan Phyfe Recamier sofa. The house was built by Robert Mills, who studied under Thomas Jefferson.

of these properties with low-cost debt, the return on equity invested has been far higher.

An even greater financial bonanza resulted from furnishing these houses. Along the way, I embarked on a program of buying Federal-period and American-empire antiques—replacing my earlier interest in English antiques. Guided by the late Edward Vason Jones, the White House architect under four U.S. presidents, and several others, I have accumulated what is today one

continued on page 102

Reviving a Tired Old House

by Peter Hotton

An old house is a calculated risk. You save in the purchase price over a new house, but it may have everything from rotten sills and timbers, sloping, bouncy or punky floors to drooping ceilings and a leaky roof. The more work it needs, the more it's going to cost to get it into shape; but, if you do the work yourself, you can save fully half the cost, perhaps more, of a contracted job. And one advantage of an old house over a new one: If it's habitable, you can live in it and do the work as you have time. When my family and I first moved into our 200-year-old clunker, my son's bedroom floor was so far off level that he kept falling out of bed, so its repair was a top priority, which he took great pride in. In fact, your kids are often the house's best advocates. Beware, though, of planning on a "few months'" work to fix it up. I bought our house with the idea that everything could be done in six months. Well, with time out for making a living and waiting for enough funds for each project, it took ten years flat. But it was done, and the house is the way we want it and is still a 200-year-old house despite some new sills, floor joists and subfloors, an addition, new beams, new front door, front porch and dozens of new built-in cabinets and bookcases.

Although fixing up is not restoration (which entails detailed research, purchase of materials as old as the house and meticulous adherence to building techniques of the day), you still want to keep the spirit of the house that attracted you in the first place. Materials such as Fiberglas, aluminum, vinyl and imitation hardboard paneling have their places in construction, but you wouldn't want to put a Fiberglas or aluminum canopy over a Colonial entrance, just as you would not want to remove the gingerbread from a Victorian house. As much as possible, use materials and techniques that harmonize with the original character of the house.

When you build from scratch, everything from digging the hole for the foundation to putting on the roof is done according to contemporary techniques, which adhere to building and safety codes. For instance, today the standard is 16 inches on center—that is, each member (joist, stud and rafter) is set with its center 16 inches from the center of its neighbor. However, an old house may not have been built with everything on 16-inch centers; it may have been built by the old post-and-beam technique, with cen-

Following the rules, you can fix up a house without destroying its character. The Greek revival house above shows a successful restoration; the result below should definitely be avoided.

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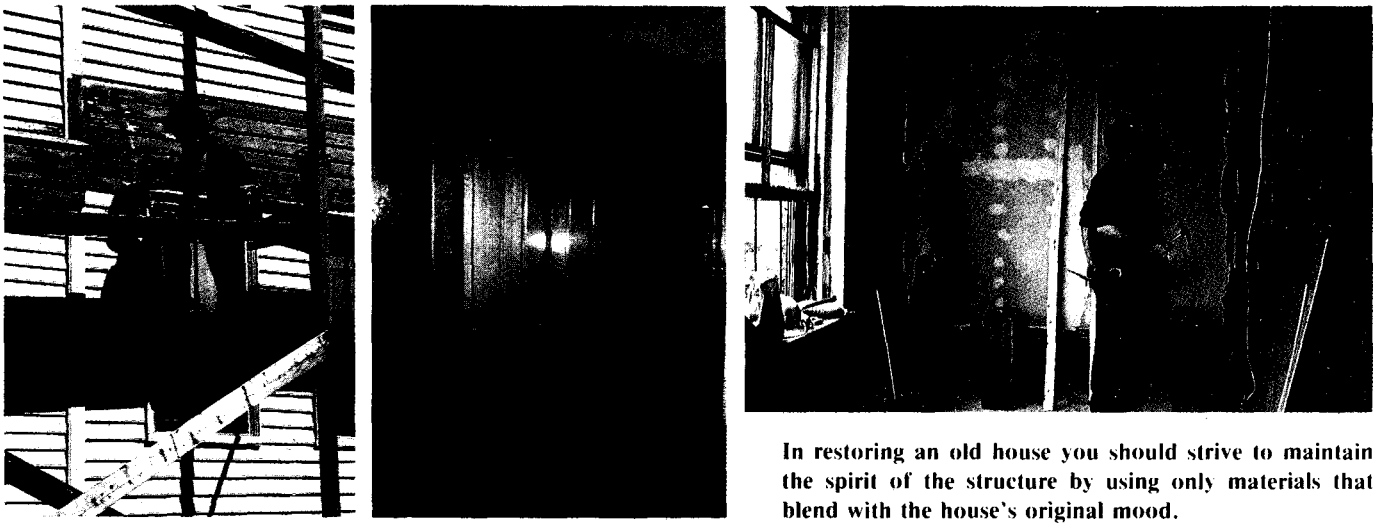

In restoring an old house you should strive to maintain the spirit of the structure by using only materials that blend with the house's original mood.

ters as far apart as four feet, or perhaps by an individual who didn't even know that studs and rafters are normally set at equal intervals. Fixing up an old house is a custom job.

Perhaps you have not bought an old house yet and have qualms about the condition of one you have your eye on. Unless you are totally confident that you can do everything that needs to be done (except perhaps electrical wiring and plumbing), one way to make sure you don't bite off more than you can chew is to contact a building inspection service. For a fee ($100 and up), engineers will inspect everything—structure, beams, walls, siding, roofing, chimney, fireplace, heating, electricity and plumbing—and tell you what condition it's in. They won't tell you what it will cost to have things fixed, but at least you'll have an idea of what you're up against. In fact, if you find something amiss in the house according to the inspection service, you may be able to dicker over the sale price.

Except for heating, electricity and plumbing, there is nothing the determined fixer-upper cannot do.

Styles of Houses and Techniques of Construction

Although you may not be restoring your house to its original state, there are some general considerations—dos and don'ts—you should follow in order to fix up the house without wrecking it; that is, without destroying its character.

Do retain as much of the original construction as possible, keeping original materials wherever possible.

Do remove inappropriate materials, such as aluminum, vinyl, asbestos cement or asphalt siding, Fiberglas canopies, plastic decorations and so on.

Do look for advice, from neighbors, architects and reference books.

Do look for materials appropriate for the age and style of your house.

Don't overdo it. Even a restored Colonial house has bathrooms instead of an outhouse.

Don't try to make your house look older than it is, or newer.

Don't throw anything away until you are certain that it cannot be used.

Don't use inappropriate materials, particularly where they will show.

Don't hesitate to use new materials where they will work: aluminum storm windows (of the same color as the trim) to retain heat, new insulation, new paints, new nails (they hold better), new roofing materials,

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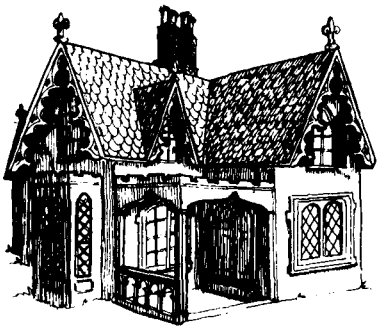
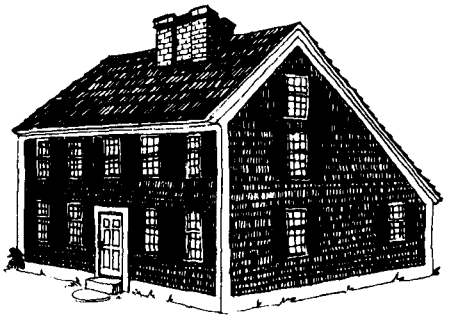
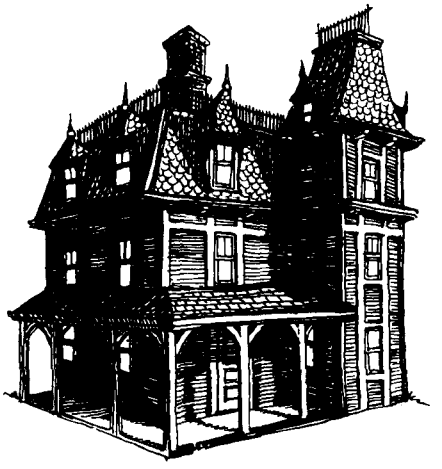




The Mansard (above) was named for its characteristic roof, designed by Francois Mansart. The Gothic revival (above, right) brought with it the first sign of a front porch. The Saltbox (lower right) evolved from the addition of a lean-to roof to the back of the house.



The great Victorian age, noted for its stylistic diversity, dawned during Queen Victoria's long reign. The eclectic Victorian borrowed from all styles.

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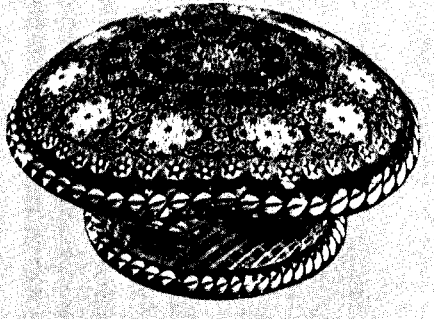
ANTIQUE SHOPPE

Collectors collect glass paperweights for various reasons. Among them, their timeless beauty of flowers, birds, portraits and various motifs under glass, the little care they require and the fact that they take up less space than, say, antique threshing machines. Still other collectors find the history and acquisition of paperweights an intellectual challenge.

But could these reasons combined warrant price tags of up to $12,000 on little 2- by 3-inch glass spheres? They could—and do.

Evidence leaves little doubt that the glass paperweight has become a heavyweight in the world of collectibles. From George Kamm's *The Glasstique Gaffer* we learn of Annual Glass Collectors' sales, Paperweight Collectors' Weekends, a New York Chapter Paperweight Collectors Association, the third annual "Glass Bash" in the Cleveland

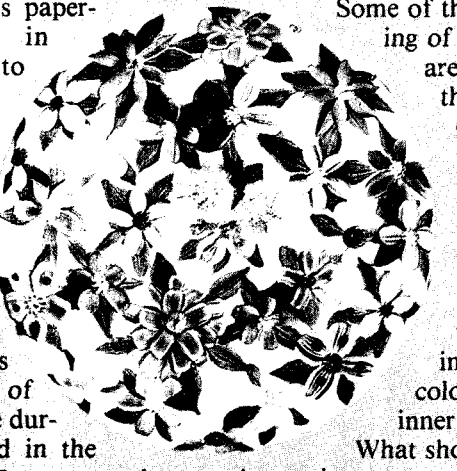


area and so on.

This activity in glass-paperweight collecting is not, as the layman might believe, a recent phenomenon. It began shortly after the accidental discovery of glass, according to legend, by the Phoenicians. As the story goes, Phoenician sailors built a fire on a beach, but finding no stones to support their cooking utensils, used cakes of soda instead. After finishing their meal, they were amazed to find that their soda cakes had disappeared, and in their place was a hard, shiny substance that proved to be the first glass made by man and would soon be valued above precious stones.

Today when that glass encapsulates the delicate work of such artists as Rick Ayotte, Victor Trabucco, Paul Stankard, Ray and Robert Banford, James Lundberg, David Lotton, Charles Kaziun or Delmo and Debbie Tarsitano, the value may still approach that of precious stones.

Although the glass paperweight originated in Egypt, no doubt to keep those papyrus scrolls from rolling off the table, "this particular form of expression," writes Lawrence H. Selman in his book, *Collectors' Paperweights*, "spans the centuries reaching a zenith of beauty and technique during a 15-year period in the mid-19th century." For reasons that remain speculative, we also read, the art seemed to lay dormant for nearly a century until the current renaissance, in which the glassmaker's art is focused once more on these "delightful objects."



Putting the art of paperweight making before beauty, let's first take a brief look at the construction process, then at how the beauty is added and, finally, arrive at the bottom line—what will the collector have to pay to add one of these delightful objects to his collection. Or to begin his collection, more than likely.

Weights come in three sizes: the miniature, measuring less than 2 inches in diameter; the standard, 2 to 3½ inches; and the magnum, more than 3½ inches. The three common shapes are dome, footed and pedestal. The parts to a weight are four: the *first gather*, a small amount of crystal glass from the pot of molten glass, which the maker rolls onto his "pontil," a long metal rod; the *first color*, which may be coarser bits of multicolored glass rolled or pressed into the first gather; the *design*, created by everything from finely ground glass to air traps, millefiori canes, glass threads, etc.; the *final gather*, a crown of crystal glass that encloses the entire weight and seals in all color and air traps. The weight is then carefully annealed to prevent fractures. (Proud makers are known to bounce a glass paperweight off the floor to demonstrate its ruggedness. Don't try this at home.)

Some of the more appealing of today's weights are then *overlaid*, thinly coated with one or more colors of glass, then faceted with straight sides cut on the surfaces or small concave windows ground into the overlay color to reveal the inner design.

What should one look for in starting a paperweight collection? First, appeal. That is, its beauty, color, design, clarity of crystal and depth of dome, all of which add up to little without quality workmanship. Then look to its condition, authenticity and rarity. Don't be taken in by "production" weights run off in large quantities. Limited-run "collector's" weights have some special design or color or combination of these which meet the maker's high standards of craftsmanship.

If, before you begin your collection, you'd like a goal to shoot at, you might consider traveling to see some of the largest and finest collections in America. You'll find them at the John Nelson Bergstrom Art Center in Neenah, Wisconsin, the Smithsonian Institute, Washington, D.C., Corning Glass Center, Corning, New York, Toledo Museum of Art, Toledo, Ohio, Art Institute of

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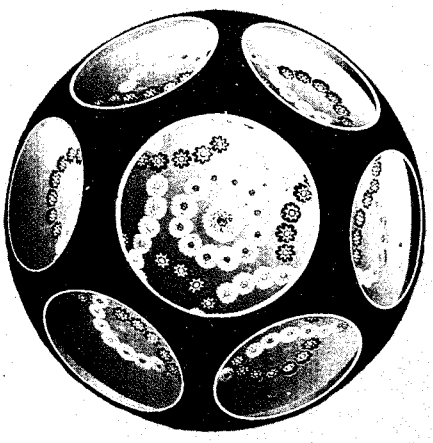


Chicago, and the St. Mary's Seminary, Perryville, Missouri.

There you will find the names of the artists, the glass factories and the pot workers that should influence your own selections so that they will increase in value over the years. Perhaps even to the extent of a certain Mrs. Applewhaite Abbot, an Englishwoman, who was said to have collected 450 weights by the time of her death. She had paid as little as $6 for some of these, but her collection, auctioned off in 1952, brought a total price in excess of $50,000!

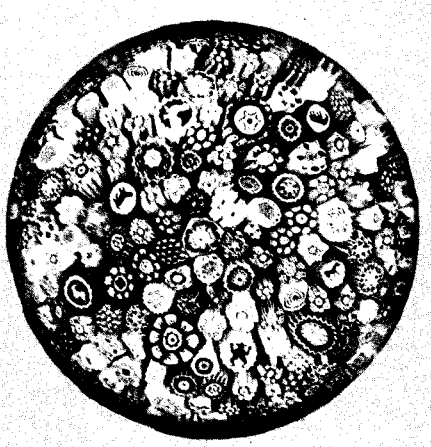
Where to begin. Probably not with the antiques of the mid-19th century. And for good reason. The three French factories that set the pace in the classical period of 1840 to 1860 were St. Louis, Baccarat and Clichy. The English factories of Bacchus and White Friars also became well known, along with the American companies of New England Glass Co., The Sandwich and Boston Glass Works, Gilliland, Mount Washington and Millville. Although an ancient Baccarat featuring garlands of complex canes may be bought for as little as $250, for a rare floral bouquet, the price goes up to as much as $8,500! And an antique Clichy of many canes on a rare "moss" ground won't find its way to your paperweight shelf for any amount less than $12,000!

But what about today's names that could well become the Baccarats and the Clichys of tomorrow? Mr. Selman suggests Perthshire weights as an excellent starting point for beginners, beginning, as they do, in the $100 to $175 range. In the same range you could very well find weights by David Lotton, Victor Trabucco, Cristalleries D'Albert and Lundberg Studios. Going higher, a "J" Glass weight may fetch from $160 to $375 to $1,100. If your preference is for St. Louis' gorgeous display of lampwork flowers and Paul Stankard's "Apple Blossoms," however, you'd better wait until you have around $2,000 to spare. For each, that is.

In your quest for beauty and craftsmanship in glass paperweights, you will likely encounter some other names that should stick with you. Among them are John and William Degenhart; Carl Erickson; Peter, John and Gertrude Gentile; Emil Larson; Joseph, Edward and Robert St. Clair; Joseph Zimmerman; Gene Baxley; and Harvey K. Littleton. And you will marvel at the special effects each adds to the amazing world of weights, be it floral, cameo, seascape, birds, butterflies, astronomical designs, reptiles, vegetables, fruits, canes, portraits, gold foil or whatever.

You may be equally amazed, several years hence, to learn that the "Nature in Ice" series by Trabucco or one of the vibrant colors in floral design by David Lotton that you took a chance on "back in 1982" is right up there in the price range of today's antique Baccarat or Clichy.

Photos courtesy of L.H. Selman, Ltd.



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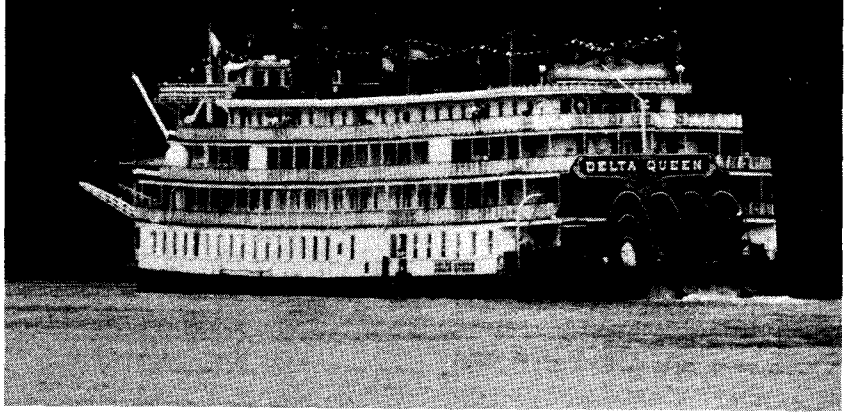

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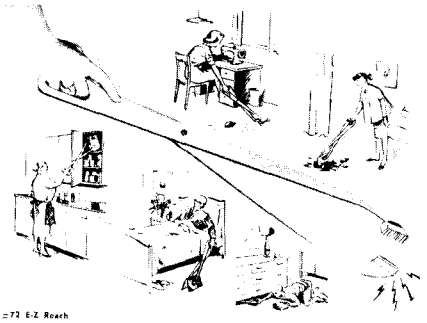

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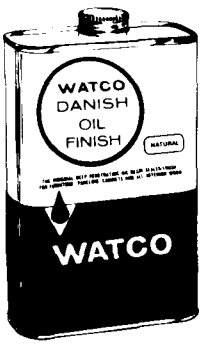

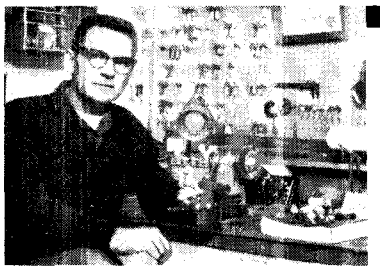

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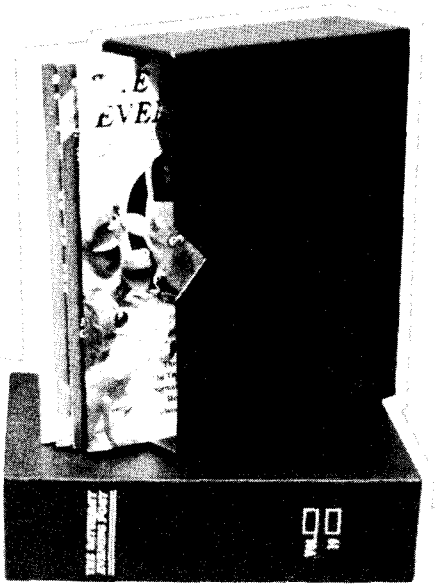

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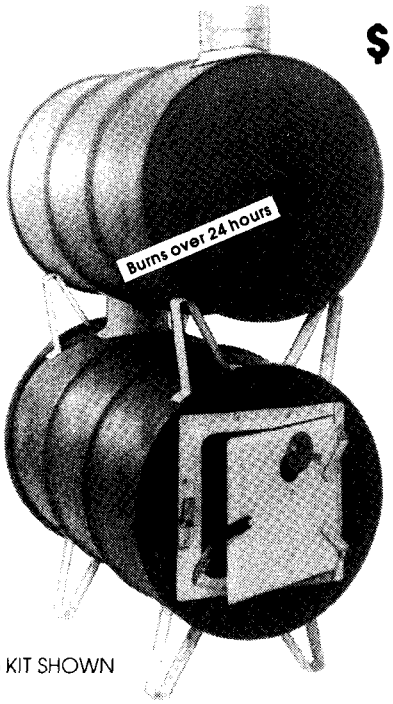

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Shirley Kage, Oxford, Mi.

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Sidney Bennett, Lambric, Ky.

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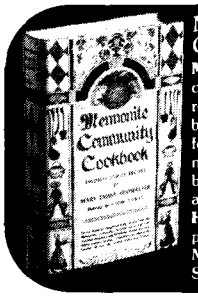

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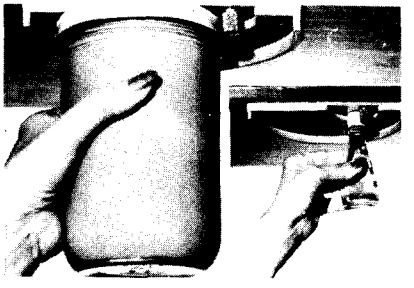

New UN-SKRU Jar and Bottle Opener mounts permanently to underside of cabinet or shelf. Opens **every** size screw top—from tiny tube to gallon jar—with scarcely any effort. Even opens press-and-turn "child-proof" pill bottles.

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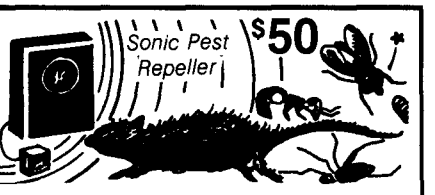

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It does not bother dogs, pets or people.

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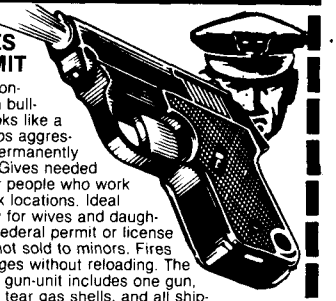

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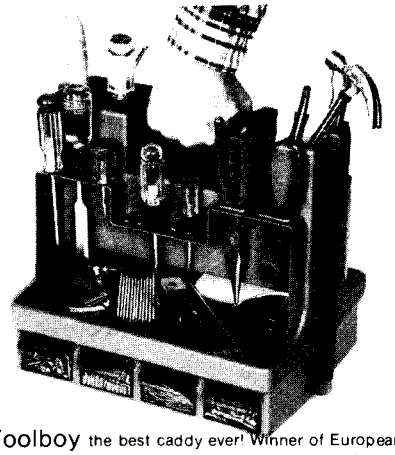

Toolboy the best caddy ever! Winner of European design award! Puts an end to clutter and confusion. Everything you need is stored in plain sight...with 22 slots to hold every tool you will need. Even includes 8 clear acrylic lock-in-place drawers to organize nails, screws, nuts and bolts. Lightweight super tough molded plastic. Handy 12¾ x 11 x 11¾" tall, with sure-grip handle. Great gift. Only $17.95 plus $3 shpg.

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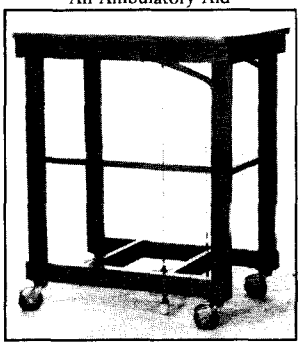

This new sturdy solid oak table/walker measuring 19"x29½" in variable heights is now available. It features 3" double ball-bearing casters and a positive brake system. It allows the walking handicapped to carry their personal needs with them with both mobility and safety by means of a simple hand control.

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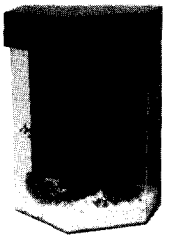
AquaRealm

HALF HEX AQUARIUM



The Half Hex is manufactured from clear plexiglas acrylic with the canopy top and background available in three colors. The lift off top permits access to the air pump and light which are concealed from view. This unique design containing proper filtration and provisions for heating appeal to both the aquarium hobbiest and interior decorator alike. A variety of tropical or salt water fish can be used to coordinate both color and intrigue, enhancing any home or office setting.

"HALF HEX" 16" Tall, 11½" wide and 8" from point to flat back. Comes complete with canopy top, electric light socket with switch, power cord and 7½ watt bulb. This offer also includes filter, air pump, 1 foot of flexible air tubing, 5 lbs. gravel and 1-12" plant.

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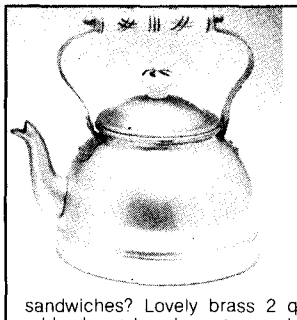
Quantity _____ Amount Enclosed _____ **$69.95**
Color: Royal Blue ☐ Chocolate Brown ☐ Emerald Green ☐
Price includes shipping and handling, Florida add 5% sales tax.



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for afternoon tea served with scones, cakes and sandwiches? Lovely brass 2 quart tea kettle adds charm to a town or country kitchen. Marvelous to own or to give a friend. Fine quality at an affordable $18.98 plus $2 post. & handling. Money back guarantee. MC & Visa welcome.

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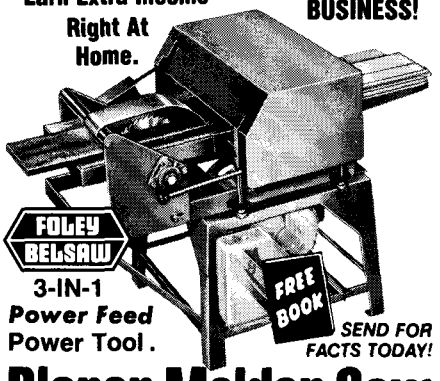

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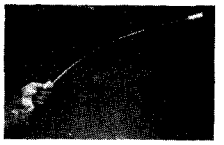

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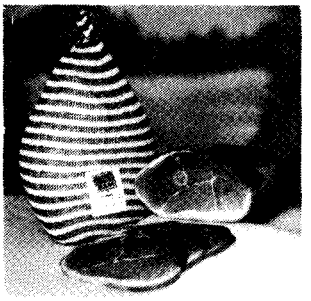

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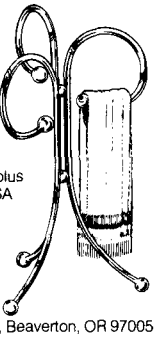

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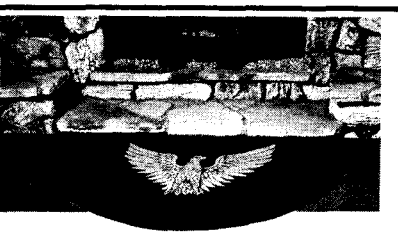

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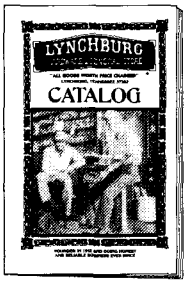

Whatever you're looking for, chances are you'll find it here in my catalog. Things like Gee Haw Whimmy Diddles, 'Coon Talkers, Jack Daniel glassware, Tennessee Ridgerunners and the like. I believe you will enjoy browsing through it, and I know for sure I would be happy to send you a copy. I stand behind our motto of "ALL GOODS WORTH PRICE CHARGED" on every item I have. Let me hear from you.

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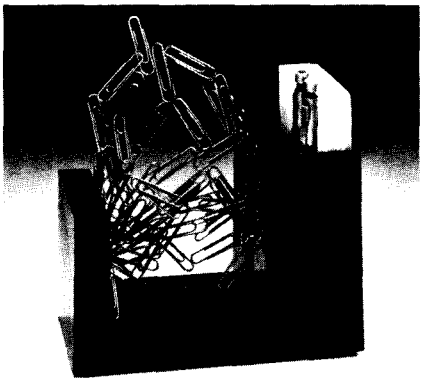

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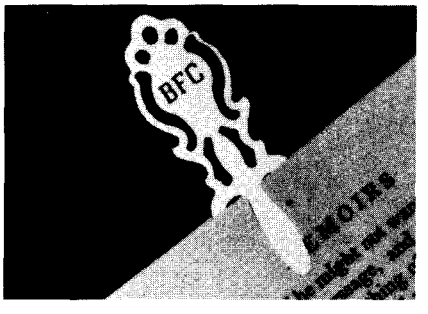

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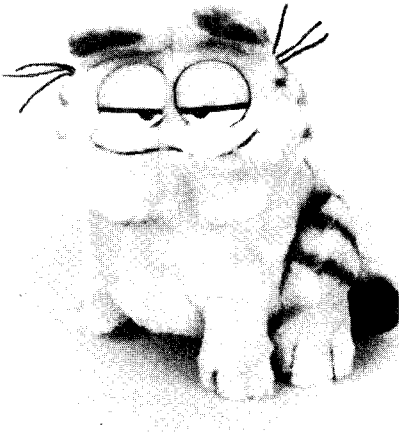

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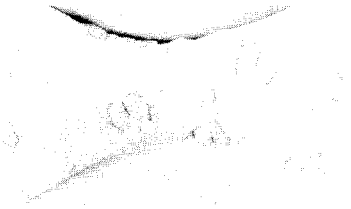

ligaments. 26″ pillow has nonallergenic polyester filling. $14.97 plus $1.45 p&h. HOLST, Inc., Dept. SP-1182, 1118 West Lake, Box 370, Tawas City, MI 48763.

For roomy togetherness

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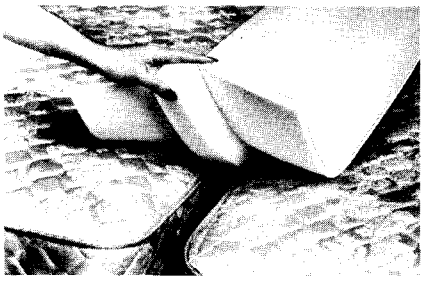

sheets. Saves space between beds; room seems bigger. Better Sleep, Inc., Dept. NT-11, New Providence, NJ 07974.

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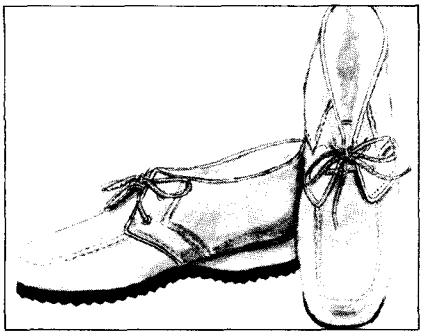

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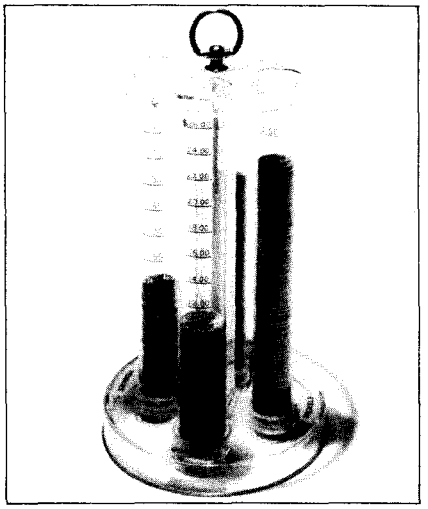

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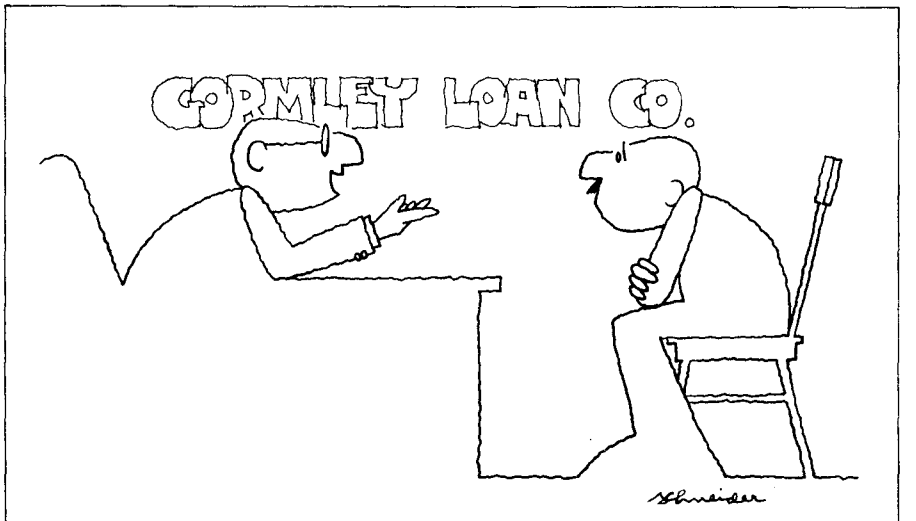

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Guarantee:	1-YEAR TRIAL OFFER + 10 years against failure.
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We at Sotz have been making the same quiet offer for years: Try a Monster Maul at our risk! Within one year, if you don't think it's the fastest, least tiring method of splitting firewood, let us know, and we will give you your money back, including shipping . . . . Plus, it's guaranteed against failure for 10 years.

OUR 26TH YEAR

24" OAK

Sotz Corporation, 13657 Station Rd., Columbia Station, OH 44028

82 YEARS YOUNG!

If I could not replace it, I'd not sell the maul for $50.00. I've used nothing in its class and I was born in 1900. I'm enclosing $24.95, for another so I'll have a "loaner" and one to use myself. My friends, family and neighbors. . . have all been astonished and delighted with it. You don't know how good it is to use your splitter instead of my Kelly double bit axe. With the axe I used (lost) half my working time freeing the blade when it sunk in but the wood didn't split. Your maul usually splits the block with one blow, if not, it bounces free and I swing again.

Herbert C. Root, Vidor, Tex.

CHILD'S PLAY

I had some eight cords of three year old hemlock to chop up from logs ranging from 2 to 5 feet in diameter. This wood is guaranteed to break up two mauls per cord, and it laughs at an ax. A friend. . . suggested the Monster Maul. . . the difference was incredible. Usually, one blow is enough to split the hemlock. . . knots and all! I have since used your maul on green fir and alder . . . 2 foot long blocks are child's play compared with the maul and ax method.

Dan Gayman, Kent, Wa.

IT'LL LAST 100 YRS.

Please send me another Monster Maul. I purchased one early this year and it is quite a fabulous tool. I have been splitting heavy firewood for the past 20 yrs. and your Monster Maul is tops. You guarantee it for 10 yrs., but let me tell you and everyone that you could easily guarantee it for 100 yrs. and never have to replace one.

E.P. Miskinis, East Hickory, Pa.

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We are elated with your barrel kit. There is no comparison to the traditional wood burners on the market today. The two barrel stove will extract more heat from wood than any other burner we know. Besides saving in hours of labor. The 12" door opening plus 30"-36" long length saves time and labor in the preparation of the wood for the burner. My son recently installed one in his huge house which always had a heating problem and a tremendous fuel oil bill and today their savings amounts into a few hundred dollars each year.

J.D. Duch, Sr., Senecaville, Oh.

PRICELESS INVESTMENT

I was introduced to your Monster Maul... Not only did it save me a great deal of time, but it also saved me the expense of buying other mauls—as I would go thru 3 or 4 in the span of less than a year. In fact, the foreman of the City of Medford's Forestry Dept. referred to the Maul as "a priceless piece of equipment." The maul is one of my best investments...

R. DiGiacomo, Medford, Mass.

MONSTER DISAPPEARS!

Your Monster Maul is the best log splitter I've seen yet. Although I haven't seen mine for some time because when one friend gets done with it there is another waiting in line for its use. Thank you for such an honest product at an honest price, rarely seen in this day and age.

Ed L. Lucas, Hemingford, Neb.

WATCH OUT FOR FLYING WEDGES!

I'm ordering my second Monster maul. I use to use wedges but after being hit by them I gave up. . . A wooden handled maul...for $20.00 broke on the second shot so I got my first Monster Maul. You can't get it stuck and I know it'll last forever. It does work easier. I use one at home to split fresh cut wood and the second will be at my. . . camper out in the woods.

John H. Hanson, Lafayette, Ind.

SPLITS OVER 150 CORDS IN ONE SEASON!

Over a year ago, I purchased your Sotz Monster Maul and have never been happier. My husband and I have in just one winter season split over 150 cords of oak and assorted hard woods with your maul. We recently received your latest edition of the Sotz News and I really was impressed with your Lift N Saw...There have been too many occasions where our saw has been jammed or we take our chances and hope we don't hit a rock, but we're never that lucky. Again, thank you for a really fantastic product. I can see why you guarantee your products for so long. They're really worth it.

Dawna Beckmann, Lenox, Mass.

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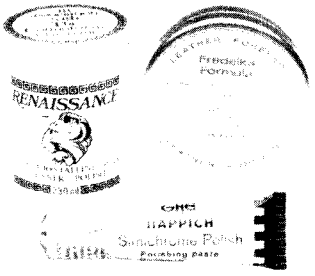

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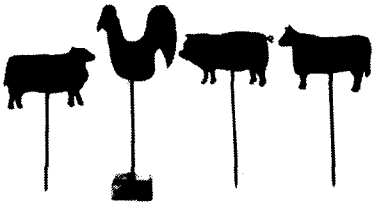

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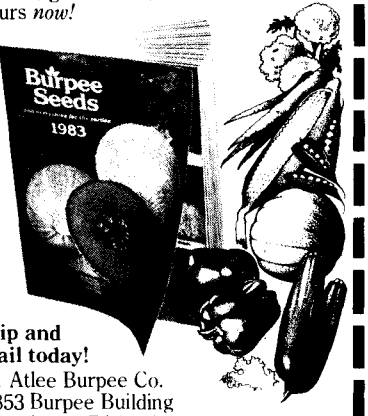

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IT'S TOMORROW IN AUSTRALIA

A world away in time and space, this island continent remains, as Mark Twain once described it, a land of "incongruities, contradictions and incredibilities."

By Paul SerVaas

James Cameron once wrote, "One doesn't come to Australia by chance. When one arrives, it means one most definitely has meant to come." The first "tour groups" were convicts. They had to go (a blessing in disguise). You, on the other hand, will have to think about it. But why not? It's a thinking man's holiday.

Australia rewards those who know what they want from a vacation. A vast country, it fairly explodes with opportunities for the traveler. Surfers, divers, fishermen and sailors have long known Australia to be the water-sports mecca it is. To the oenophile, a meandering tour among the many vineyards may be worth a trip in itself. Astronomy buffs, meanwhile, take special interest in the "southern" sky. You can watch as they dizzy themselves, turning round and round, gazing at the unfamiliar constellations.

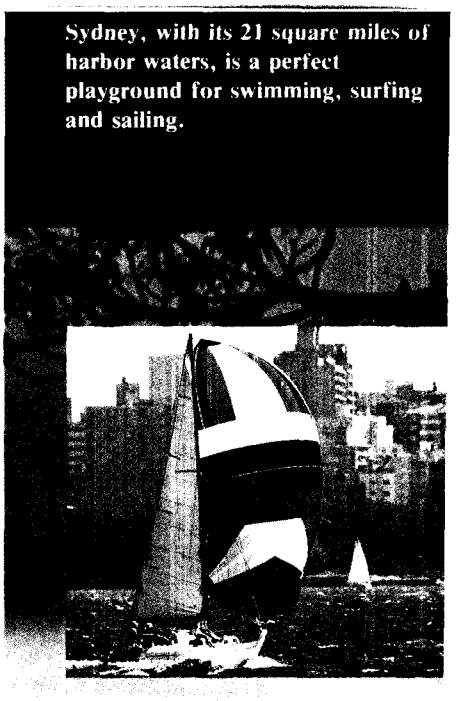
It is to the naturalist, however, that Australia really takes on the quality of another world. Animals and plants here resemble none you've ever seen. There is grass that cringes when you walk on it, trees with strange bottle-shaped trunks that grow in the desert and thousands of varieties of wild flowers, some that eat insects.

The animals are perhaps more amazing. Kangaroos seen bounding across the horizon at sunset are a pure delight to watch. To see a koala bear is to want to cuddle it. As the Qantas ads suggest, however, tourists seem to bore and annoy them.

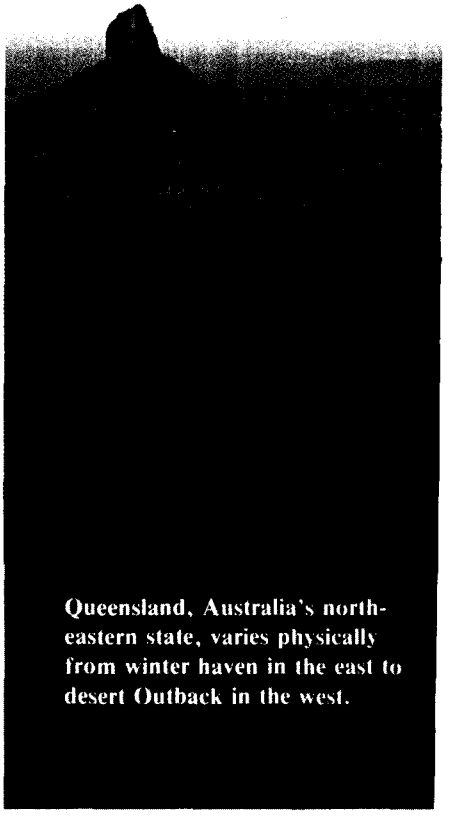
While koalas may hide in trees, Australia's "laughing jackass," the kookaburra bird, is less subtle in its contempt for mankind and his failings. These birds not only laugh like humans, they will wait until you've split your pants while stooping to pick up a lens cap to do it.

Many of the animals are more outwardly intimidating. The goanna is a dragonlike lizard that can stretch to six feet or more. If you see

The opera house, home of ballet, theater and classical music as well as opera, adds its ultramodern splendor to Sydney harbor.



Sydney, with its 21 square miles of harbor waters, is a perfect playground for swimming, surfing and sailing.



Queensland, Australia's northeastern state, varies physically from winter haven in the east to desert Outback in the west.

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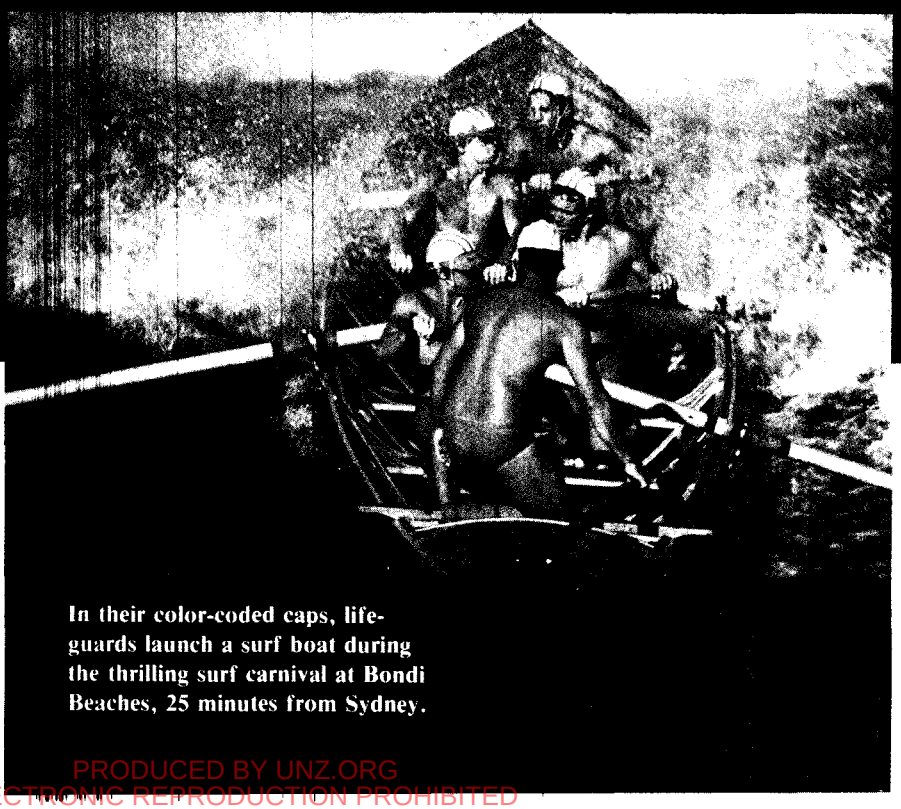
one, you'll be convinced you're about to be eaten. Not to worry, though. In reality, the opposite often occurs. (To the aborigines, they're considered a delicacy.) Other unlikely animals include Tasmanian devils, barkless dingo-dogs, wombats, wallabies, duck-billed platypuses, black swans and ostrichlike emus.



In their color-coded caps, life-guards launch a surf boat during the thrilling surf carnival at Bondi Beaches, 25 minutes from Sydney.

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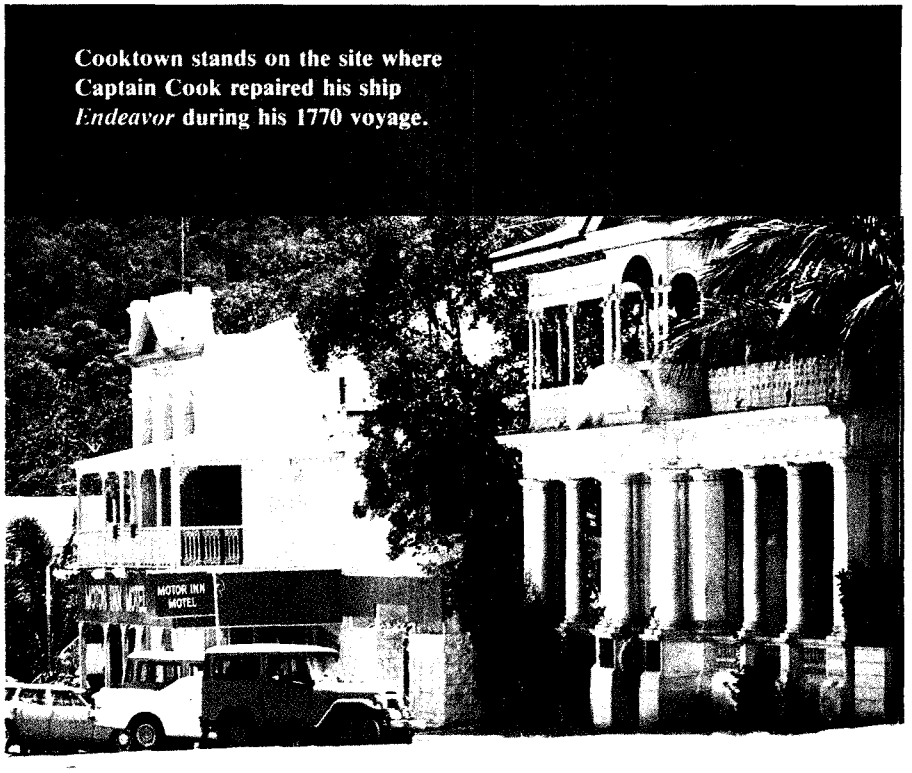

Cooktown stands on the site where Captain Cook repaired his ship *Endeavor* during his 1770 voyage.

Although Australia is known for its fiery-colored opals, its greatest treasure has to be its 23,000 mile coastline. It's almost never boring! All of Australia's state capitals are adjacent to the sea, and most of its tourist attractions center around them. Sydney will likely be your arrival point and is a must-see in any case. Although Melbourne is architecturally superior, Sydney's setting is simply unbeatable. The rivalry between the citizens of these two cities is notorious. Sydney is larger, warmer and more cosmopolitan, while you'll find Melbourne more refined and European in temperament and climate. They are both bigger than commonly understood and offer a fast way to experience things Australian. Sidney especially has excellent guided tours on both land and sea. Street crime is rare, so feel free to wander where you like, when you like.

Traveling north to Brisbane and beyond, you will encounter dozens of Aussieland's most popular beach resorts. Paralleling this coast for 1,200 miles is the Great Barrier Reef, one of the natural wonders of the world. You'd be remiss at this point in not taking one of the large number of boat tours. For those who persevere in this northerly tack, the tropical reef town of Cairns provides a stunning reward. Like the Key West of old, Cairns is a lovely, fragile, mysterious sort of fisherman's town. It's a romantic's dream. The dated architecture and surrounding jungle and sugar-cane environs give it a rare, long-gone Colonial flavor.

Scuba diving is consistently popular along the many magnificent strips of sand rimming this paradise for water sportsmen.

If escaping into history is not your cup of tea, try the equally out-of-the-way but more forward-looking city of Perth. Located a continent away, off the Indian Ocean, Perth's remoteness has had the effect of a great wall. It is inhabited by 900,000 pragmatic utopians; these Westerners have collectively decided to import only the world's better ways of living.

Perth straddles an hourglass widening of the Swan River, and it is possible here to sail or water-ski on clean water right in the middle of town. Perth is also a city of homes as few would dream of living in a high-rise. Parks and sports facilities abound. The surrounding countryside contains wandering streams, farms, vineyards and the ubiquitous coastal beaches, all of which are reminiscent of parts of California or Italy. Only the weather is *better*!

Take the Indian-Pacific train back to Sydney, and you'll have ridden on one of the world's great remaining train lines.

No matter where you go in Australia, the people are worth getting to know. Optimists all, their casual wit and playfulness are sure to win you over. Sharing a language removes the tedium from taking an extended vacation. In fact, conquering the basics of their language, called "Strine," is a joy in itself. In it, "A" comes out "I"; words like "our" become "air"; thus "shower" becomes "share," and you'll eat "semmiches" rather than sandwiches.

If you belong to an association or hobby group, contact its Australian counterpart before going. Not that you need an appointment to meet Australians. It's just that sharing an interest will help get you into the thick of things.

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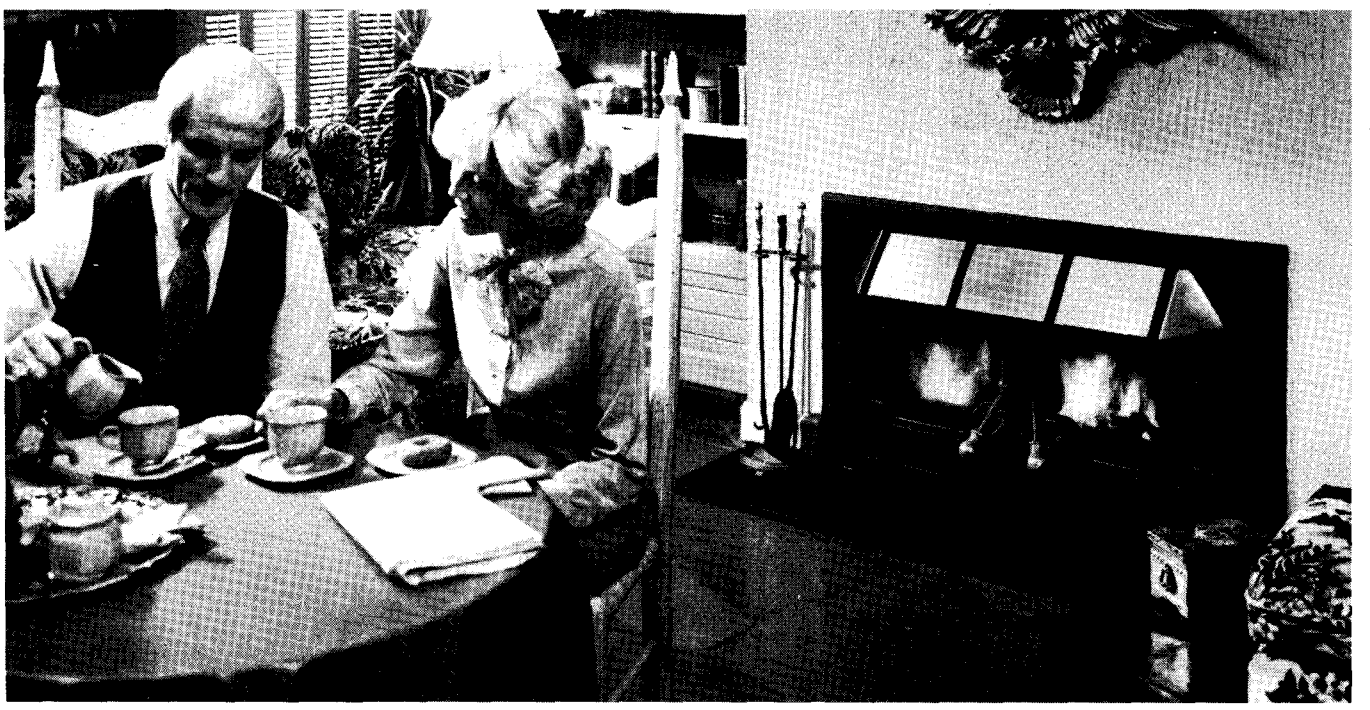

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Turn off your thermostat and enjoy your fireplace while you reduce your heating bill.

An Ironwood Fireplace-Stove circulates more than 100 cu. ft. of constant warmth throughout one room or your whole house. It's the perfect way to heat a bedroom, family room, den or living room, whenever you want. On a fraction of the wood you'd normally burn.

Convenient, reliable . . . and easy-to-operate.

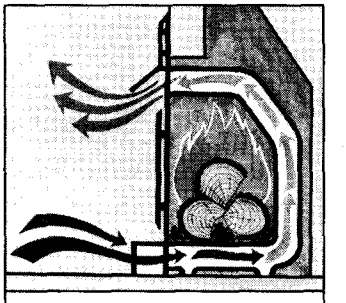
Made and warranted by CWC Textron, one of the oldest and best known cast iron foundries in America, the Ironwood Fireplace-Stove is an airtight unit that fits handsomely and easily in most masonry fireplaces.

You'll enjoy watching a fire through its shatter-resistant safety glass doors of Pyroceram® by Corning!

You'll appreciate the fact that, unlike box-type inserts, including those on roll-out wheels, an Ironwood does not hide creosote build-up.

Last but not least, the Ironwood has passed stringent Underwriter's Laboratories Tests and carries the UL Listing.

Year-in and year-out, you can rely on efficient and economical Ironwood fireplace heat.



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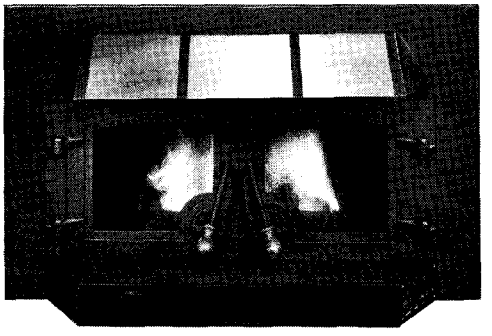

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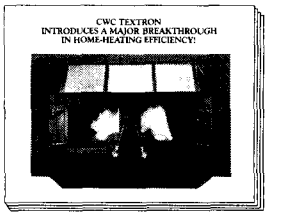

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FOOD

GOING WILD IN THE KITCHEN

Bagging wild game in the meadow is an art excelled only by preparing it for the oven.

by Herbert Fowler

When the grass turns gold in autumn, the fields and forests become a garden ready to harvest for your table. The harvest includes wild duck, partridge, pheasant, grouse and quail. If there is a hunter in your family, you may already be prepared for the season with some favorite recipes of your own. But if you just want to try a brand new taste, you will definitely need a quick course in the age-old art of game-bird preparation.

The cook who believes that an upland game bird is just a chicken with fancy feathers can ruin the result of an otherwise successful hunting trip. Cooking game birds is as much of an art as bagging them. But don't panic; they are only a little more complicated than meatballs —and to most tastes, far better. The main danger is ruining the birds before they ever get indoors. This is actually the hunter's problem. He should make every effort to keep the birds cool. Never, *never* skin a game bird, and never scald it, as you might a fresh chicken. Pluck it dry, and then cut out the oil sacks in the tail. Washing in salt water and vinegar can save a bird that has become slightly tainted.

If you follow the suggestions below for succulent recipes for duck, partridge, quail and pheasant, you should come out looking like a master chef. Remember, it is a good idea to alert your diners just before the meal is ready to be served. Game birds should always be eaten while sizzling hot.

Any cook who doesn't get panicky over a dish that is a little more complicated than spaghetti and meatballs can triumph in cooking game birds—if the birds aren't ruined by the hunter before they ever are brought into the kitchen.

Roast Duck

2 young ducks
Butter
Pepper
Water
Chicken stock

Your feast will depend on your duck. The canvasback is a favorite, but teals, mallards, widgeons and others can do nicely if you know how and when to cook them. They should be dressed and plucked as soon as possible after they are shot and, if possible, aged for five days at a temperature a few degrees above freezing. Cooking time will vary according to both size and age. This recipe is based upon the large canvasback; adjust for smaller birds accordingly.

Rub the ducks with butter and place 3 tablespoons of butter inside each. Sprinkle inside and out with pepper. Pour over them a scant ¼ cup of water and place in an oven preheated to 400 degrees F. Roast about 30 minutes, basting with a little butter and chicken stock two or three times. When done, tip the ducks to pour the butter and juices into the pan. Add a little more stock to the pan and serve it hot as a sauce over the thinly sliced pieces of breast meat.

A good bird prepared in this manner is a guaranteed gem that can be further enhanced by the setting you choose. The duck necks and giblets, cooked for about an hour in lightly salted water, then drained and mixed with cooked wild rice, make a superb stuffing. Or make a cranberry-honey sauce by combining ¼ cup sieved cranberry sauce with 1 tablespoon honey and ½ teaspoon duck gravy. Brush the sauce over the bird while it is roasting and baste it again just before it is ready for serving.

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Roast Partridge on Bordelaise Croutons

2 or 3 partridge (with livers)
½ pound salt pork sliced paper thin
¼ pound mushrooms
2 tablespoons olive oil
2 teaspoons chopped onion
1 clove garlic, minced
2 teaspoons chopped parsley
4 tablespoons butter or margarine
1 teaspoon lemon juice
Pepper
4 or 6 slices firm white or whole-wheat bread
½ cup water or chicken broth
3 tablespoons Madeira
Watercress

Advance preparation:

Split the cleaned birds and wipe inside and out with paper toweling. Place the birds on an open rack in a roasting pan. Cover the halves with salt pork slices that have been rinsed in warm water to remove excess salt. You may want to anchor the salt pork with toothpicks. Keep at room temperature several hours before roasting.

Trim the stems of the mushrooms. Wash them briefly and pat dry with toweling. Chop them and the partridge livers very fine in a food processor or by hand. Heat the oil in a small skillet and saute the mushrooms and livers for two minutes, stirring frequently. Add the onion, garlic and parsley, and cook one minute longer. Remove from the heat and stir in 2 tablespoons of butter or margarine. Add the lemon juice and season to taste with pepper.

Trim the crusts from the bread. Toast lightly and spread one side with the mushroom mixture. Place on baking sheet for later reheating.

Thirty minutes before serving:

Roast the partridge in a preheated 425 degree F. oven for 20 minutes. Remove from the oven and lift off the rack with the partridge. Keep birds warm.

Pour off as much fat as possible from the pan. Add ½ cup water or chicken broth and 3 tablespoons of Madeira to the pan. Bring to rapid boil, scraping juices in the pan with a fork. Remove from heat and stir in remaining butter.

To serve:

Slip the croutons into the hot oven for one or two minutes. They should just be warm.

Place a crouton on each warm plate. Remove pork from birds and place one half on each crouton. Strain a little of the sauce over each one and garnish with watercress. Serve immediately.

Ruffed Grouse or Pheasant

Ruffed grouse, sometimes called partridge in the North and sometimes called pheasant in the South, are best roasted. Two birds will feed six to eight people sparingly. An extra is advised. Both birds have to be drawn and hung after killing for at least 48 hours. Some connoisseurs like them hung longer for a gamier flavor.

2 or 3 plump grouse or pheasant, dressed and drawn.
2 medium onions, chopped fine
½ cup celery, chopped fine
2 tart apples, peeled, cored and chopped
4 tablespoons butter
1 tablespoon flour
⅛ teaspoon mace
⅛ teaspoon black pepper
1 pint cider
2 or 3 large thin slices of salt pork

Once downed and bagged, game birds should be kept as cool as possible until delivered to the kitchen. Aging time depends upon the weather; in frosty conditions, pheasant can be hung for as long as ten days before they are ready to be eaten.

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"I never made much money milking cows except what I saved because I couldn't go anywhere and spend any."—B.J. Tupper, in *The Farming Game*.

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Wipe the birds inside and out. Cook the vegetables and apple in butter until just tender. Sprinkle with the flour and stir gently until the flour disappears. Add the seasoning and stir again. Cool the stuffing. Put some stuffing in each bird and close the opening either by sewing or with a piece of bread strategically placed. Cover each bird with a large, thin piece of salt pork and tie it to the body. Place the birds on a rack in a roasting pan. Add the cider.

Roast in a 350 degree F. oven for ten minutes. Baste well and cover with aluminum foil. Bake 40 minutes. Remove the foil for the last ten minutes of cooking, basting frequently. Remove the salt pork before serving.

Broiled Quail

Quail, often called partridge in the South, require a lot of fat in cooking because they have a tendency to be dry.

6 to 8 quail
Butter
Lemon juice
Pepper
6 to 8 slices bacon
Wild rice
½ cup sherry
1 cup chicken broth
1 cup heavy cream

Preheat the broiler. Split the quail down the back but do not sever. Place in a large buttered roasting pan. Dot each bird generously with butter, sprinkle with ½ teaspoon of lemon juice. Cover with a strip of bacon and broil 30 to 35 minutes or until tender, six inches away from the broiler. Turn the birds every ten minutes and baste them with the pan juices.

At the same time prepare the wild rice. If the giblets are available, sauté them in butter and add them, coarsely chopped, to the rice after it is cooked. Remove the quail to a warm platter and keep warm. Reserve the bacon. Add the sherry and chicken broth to the pan. Stir over direct heat, scraping up the juices from the bottom of the pan. Stir until the liquid is reduced by half. Add the cream and reheat but do not boil. Season with pepper. Pour the sauce over the quail and crumble the bacon over the sauce. Serve with the rice.

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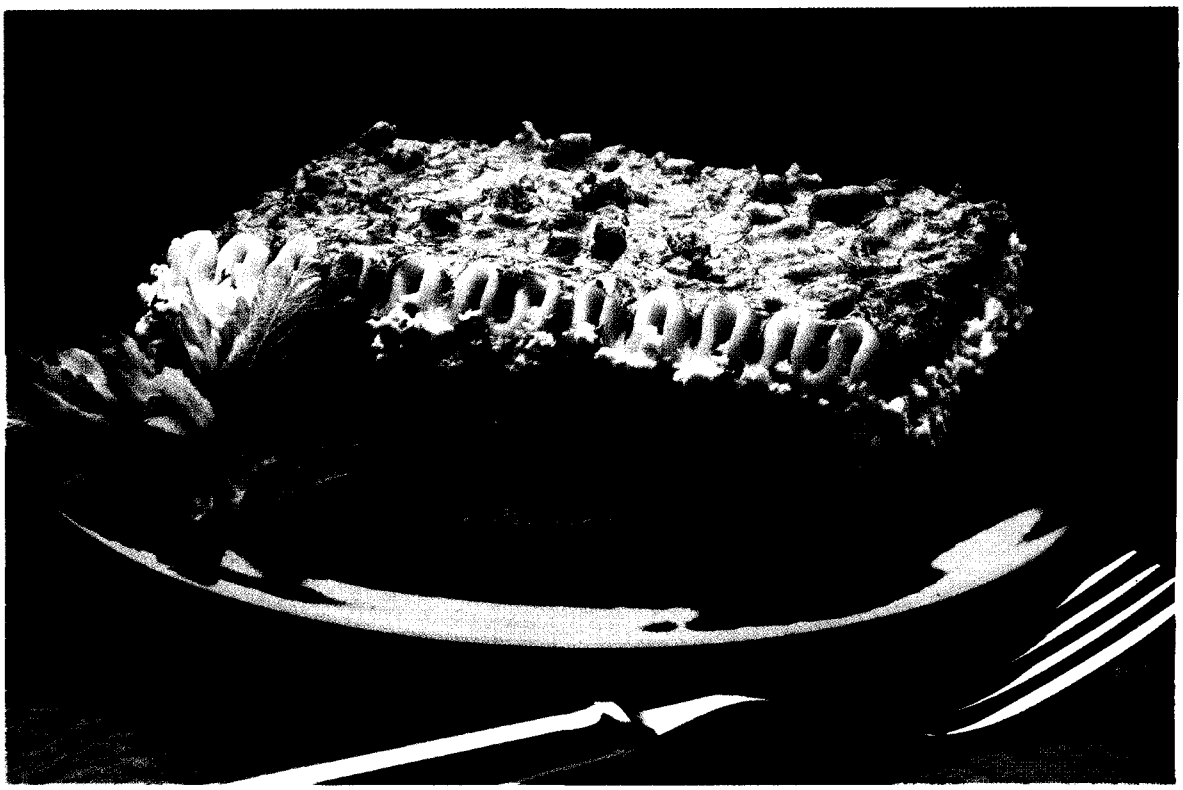

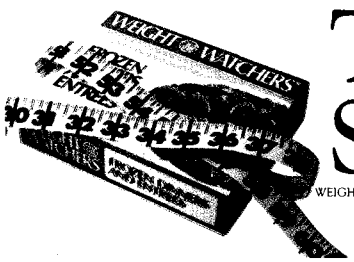

THE TASTE THAT NEVER SAYS DIET.

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Famous Comedian Makes 'Old-Fashioned' LP Album

KATONAH, N.Y. — Foster Brooks, familiar to millions through his appearances on the Merv Griffin, Mike Douglas and Johnny Carson Shows, as well as his riotous testimonials on the Dean Martin "Roasts", has finally made the record album he has always wanted to make. At age 69, Brooks has "one of the most beautiful singing voices in show business," says one of the New York critics. A strapping and handsome man, Foster Brooks says "I'm an old-fashioned guy, and love the old songs. And this album has all my favorites."

Although Brooks "never touches a drop", he has become nationally famous as the lush character who always drops in to say 'hi' to Johnny, Merv, Bob Hope, and so many more television show hosts. It was not until age 65 that his phenomenal singing ability was discovered on the Merv Griffin Show by some record executives. "When I first heard him, he knocked me off my chair," says Ed Shanaphy, music marketing executive. "And the songs he selects to sing are the ones that have those special meanings for so many millions of people. I know they do for me."

This is more than an album," says Brooks, "it's a collection of the most beautiful melodies ever written." There are 20 all-time favorites, everything from the great operettas including THE DESERT SONG and ONE ALONE, sung with such beauty as to have made Nelson Eddy green with envy, to the beautiful and lilting melodies of Jerome Kern: MAKE BELIEVE, WHY DO I LOVE YOU. There are those great popular song hits from the early part of the century such as LET ME CALL YOU SWEETHEART, YOU TELL ME YOUR DREAM, GIRL OF MY DREAMS, TILL WE MEET AGAIN, MORE THAN YOU KNOW, and so many more. "Each and every one a masterpiece of popular music in its own right," says Brooks.

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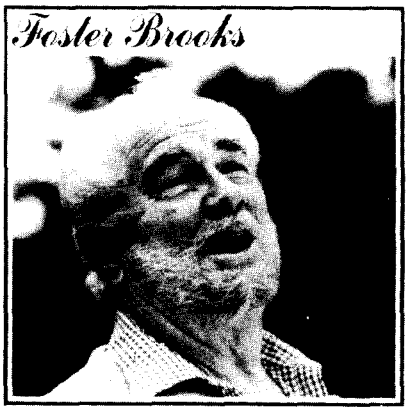
Foster Brooks



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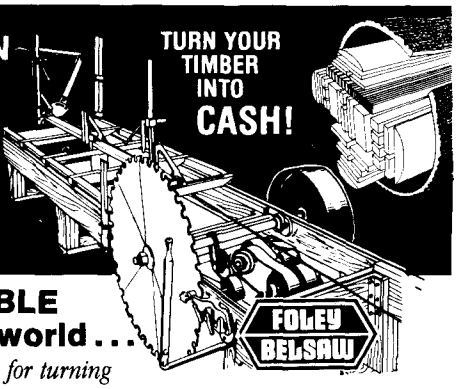

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Merlin Olsen

continued from page 65

extra step to the big league. And when the body and mind work together as a team, they can do amazing things."

When Olsen decided football "was no longer my game. . .it belongs to the younger people," he planned his second career. And that was about four years before he retired from the Rams in 1976.

"I knew I wanted to do some broadcasting and acting. So I contacted the networks and got them thinking about it," he calculates. "As far as NBC was concerned, I think acting was a throw-away. They put it in the contract, but they really wanted to concentrate on the sportscasting. They told me they'd talk to some people about my acting—to see if I could get any minor guest roles."

He had acted in the 1968 film *The Undefeated* with John Wayne, Rock Hudson and Rams teammate Roman Gabriel. And back then, director Andrew McLaglen is quoted as saying of Olsen, "The big kid is a natural actor. If he wanted to, he could make it a career." Olsen had about a half-dozen small roles in films and television movies between then and 1976.

"I really had a strange premonition that I'd be doing some acting," he remembers. "So I went to an acting coach. I told him what I needed was a crash course. Then, after two sessions, I got a call from Michael Landon. I assumed I'd be trying for a guest role, a one-show situation. I read some lines with the woman who was going to play Alice Garvey. Then Michael said he'd let me know.

"I found out later he'd made the decision about 10 or 15 minutes after I left. But two days later I called *him* back. I said, 'I don't mean to bug you, but I'm dying! Have you made a decision?' He said, 'Haven't they told you? How would you like to be a regular on "Little House"?' I was walking on air for awhile."

Olsen says for now he's "happy getting up every day and doing my job. Acting is occupying a great part of my time. But we change. I keep a list of goals in my drawer. Everybody should have their goals or am-

continued on page 96

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Merlin Olsen

continued from page 94

bitions written down and kept in front of them. I have a whole list of things I'd like to do. Maybe writing—I've toyed with a couple of scripts. Maybe I'd like to direct someday. . .or produce. As I become more comfortable as an actor, I can look at these things."

One thing he has made a lifelong commitment to is his marriage to the former Susan Wakley, his college sweetheart. They celebrated their 20th anniversary this past March.

"She's a bright woman, an honor graduate," he beams. "We got married the spring of our senior year in college. She's active in a number of charitable organizations—and she keeps me out of trouble," kids Olsen.

Incidentally, Merlin says his name comes from Merlin the Magician of King Arthur legend and not from the combination of his parents' names.

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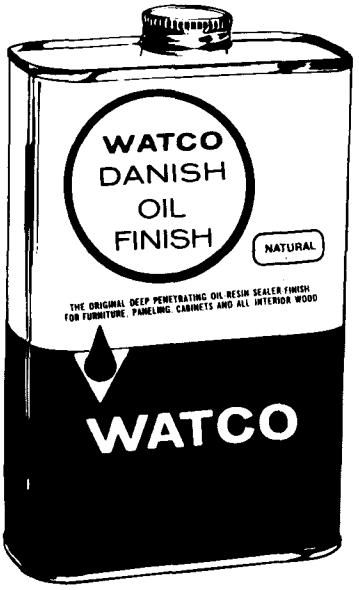

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Copper Ring

continued from page 51

ing. I read *From Here to Eternity* while I was there, and also some psychology so I could try to understand myself. But then I found I wasn't really absorbing what I read. I couldn't concentrate anymore. Oh—and also about that time I began to drool. That was almost the worst thing of all. And there was nothing I could do about it. I just sat there and drooled. The strange thing—although I didn't know it then—was that the usual effect of Thorazine is dryness of the mouth. But nobody seemed to notice or care. I began to get the feeling that I couldn't talk. I don't know how to explain that. I knew I could talk, and yet I felt I couldn't. I was so miserable. I began to feel I wanted to die. Really die. That whole period is a little blurred in my memory—partly, I suppose, because of all that Thorazine. But I remember certain moments vividly. I remember that just before Thanksgiving I had the feeling I was actually going to die that very night. My mother came to see me that afternoon, and I made her take my wedding ring and gold necklace. I was afraid one of the hospital people would steal them that night off my dead body. When I woke up the next morning and found I was still alive, I refused to believe it. I told everybody I was dead. I insisted. That's all I remember of that episode. But about that time they gave me a series of physical tests. They did blood tests, a brain scan and a liver-function test. They told me my liver was enlarged. The reason, they said, was all that Thorazine. So they took me off Thorazine, and put me into electroshock therapy. I suppose they talked to my parents and got their permission. I had three treatments, and there seemed to be some improvement. My psychiatrist said I was sufficiently improved to go home. But they were mistaken. I began to feel I was really off my rocker. Pat came up to see me, and we were driving somewhere, and I tried to jump out of the car. The psychiatrist decided they hadn't gone far enough with my electroshock therapy. He put me back in the hospital for a full course. I had eight

continued on page 100

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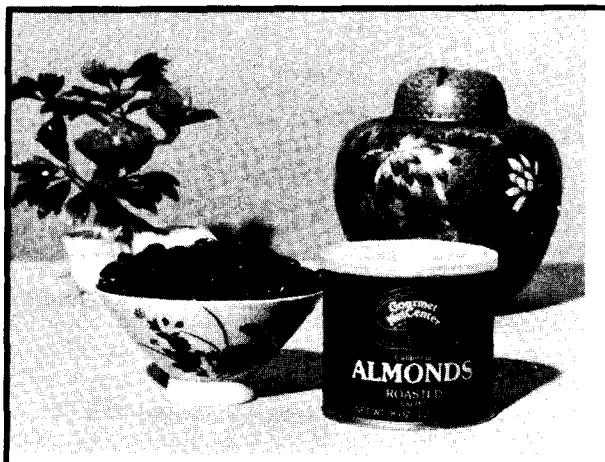

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Yash

continued from page 61

would tell everything. They asked him, "Yash, how do you know such things?" He'd shrug his shoulders: "I just know. It comes from the knock on the head." And he would point to his temple.

There were several thieves in town. They stole laundry from attics, and whatever else they could lay their hands on. Now they could no longer steal. The victim would come to Yash, and he would tell him the name of the thief and the place where the goods were hidden. The peasants in nearby villages learned about Yash, and whenever a horse was stolen, the owner came to him to find out where it was. Several thieves were already in jail. The thieves had an eye on him and warned openly that he was a marked man. But Yash knew all their plans beforehand. They came to beat him up one night, but he had hidden himself in a neighbor's barn. They would throw stones at him, but he would jump aside or duck even before the stone came flying.

We had a rabbi in town, Reb Arele. He had come from a big city. On the Great Sabbath before Passover he preached in the synagogue. And what did he talk about? Yash the chimney sweep. The unbelievers, he said, deny that Moses was a prophet. They say that everything must be according to reason. Yet how does Yash the chimney sweep know that Itte Chaye the bagel baker has dropped her wedding ring into the well? And if Yash the chimney sweep can know hidden things, how can anyone doubt the powers of the saints? There were some heretics in our town, but even they had no answer.

In the meantime, news about Yash had reached Warsaw and other places. The newspapers wrote about him. And a commission was sent down from Warsaw. The mayor again sent out the town crier to order the yards and houses cleaned up. The marketplace was swept again till it was spick-and-span. After Sukkoth, the rains began. We had only one paved street—the church street. Boards and logs were laid out everywhere so that the gentry from Warsaw would not have to wade through mud. Gitel the innkeeper prepared pallets and bedding. The whole town was agog. Yash was the only one who made nothing of it. He went his rounds and swept the chimneys as usual. He did not even have sense enough to be afraid of the Warsaw officials.

Now listen to this: A day before the commission arrived, there was a snowfall and a sudden frost. On the previous night, sparks and even tongues of flame had been seen flying from Chaim the baker's chimney. Chaim was worried that a fire might break out and sent for Yash the chimney sweep. Yash came with his whisk and swept the chimney. As Yash was climbing down, he slipped and fell again. Again he struck his head, but not as hard as the first time. There wasn't even any blood. He picked himself up and went home.

My dear friends, the next day, when the commission arrived and began to question Yash, he did not know anything. The first knock had opened something up, and the second knock closed it. The gentry asked how much money they had, what they had done yesterday, what they had eaten a week ago at the same time, but Yash only grinned and answered, "I don't know."

The officials were furious. They scolded the police chief and the new doctor. They demanded to know why they had been brought all that way to see this nitwit, this bumpkin who was nothing but an ordinary chimney sweep.

The police chief and the others swore that Yash had known everything only a day or two before, but the visitors would not listen. Somebody told them that Yash had fallen off a roof and banged his head again, but you know how people are: They believe only what they see. The police chief came over to Yash and started banging him on the head. Maybe the screw would fly loose again. But once the little door in the brain is shut, it stays shut.

The commission returned to Warsaw and denied the story from beginning to end. Yash went on sweeping chimneys for another year or two. Then an epidemic broke out in town, and he died.

The brain is full of all sorts of little chambers. Sometimes a knock on the head upsets the whole business. Still, all of it has to do with the soul. Without the soul, the head would be no wiser than the foot.

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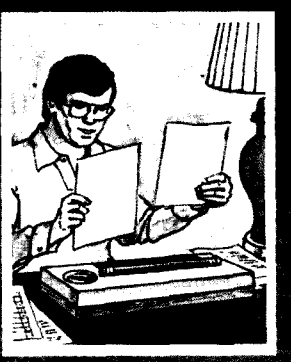

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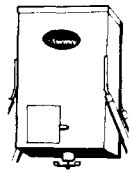
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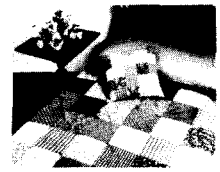
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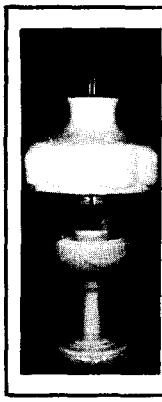
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Copper Ring

continued from page 96

treatments. There really seemed to be some improvement this time. I felt less groggy, less dopey. I was discharged on January 1, and went home to my parents again. ❦

(continued next issue)

Alcoholics

continued from page 22

East and Middle West, I met and talked with scores of AAs, as they call themselves, and found them to be unusually calm, tolerant people. Somehow they seemed better integrated than the average group of nonalcoholic individuals. Their transformation from cop fighters, canned-heat drinkers and, in some instances, wife beaters, was startling. On one of the most influential newspapers in the country, I found that the city editor, the assistant city editor and a nationally known reporter were AAs.

In another city, I heard a judge parole a drunken driver to an AA member. The latter, during his drinking days, had smashed several cars and had had his own operator's license suspended. The judge knew him and was glad to trust him. A brilliant executive of an advertising firm disclosed that two years ago he had been panhandling and sleeping in a doorway under an elevated structure. He had a favorite doorway, which he shared with other vagrants, and every few weeks he goes back and pays them a visit just to assure himself he isn't dreaming.

In Akron, as in other manufacturing centers, the groups include a heavy element of manual workers. In the Cleveland Athletic Club I had luncheon with five lawyers, an accountant, an engineer, three salesmen, an insurance man, a buyer, a bartender, a chain-store manager, a manager of an independent store and a manufacturer's representative. They were members of a central committee that coordinates the work of nine neighborhood groups. Cleveland, with more than 45C members, is the biggest of the AA centers. The next largest are located in Chicago, Akron, Philadelphia, Los Angeles, Washington and New York. All told, there are groups ir about 50 cities and towns. ❦

(continued next issue)

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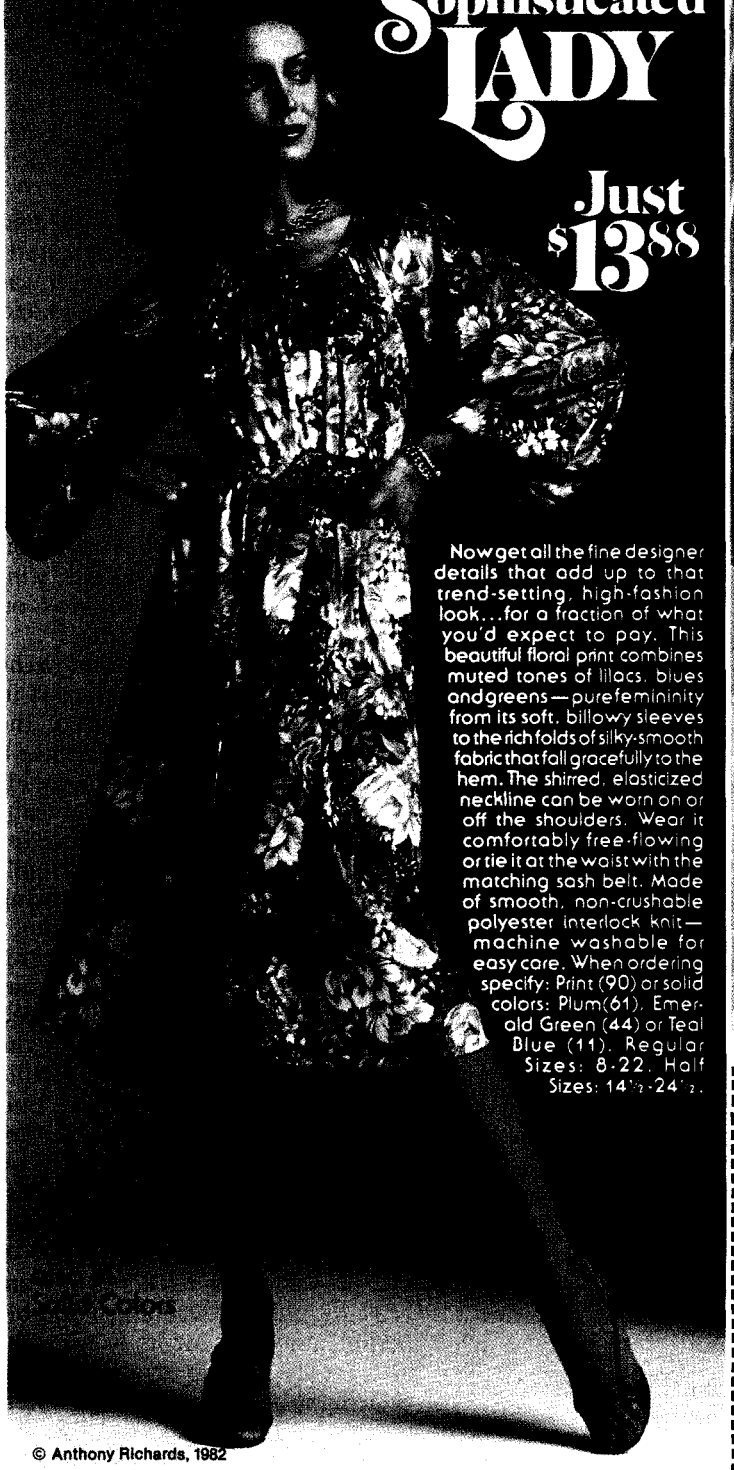

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Solid Colors

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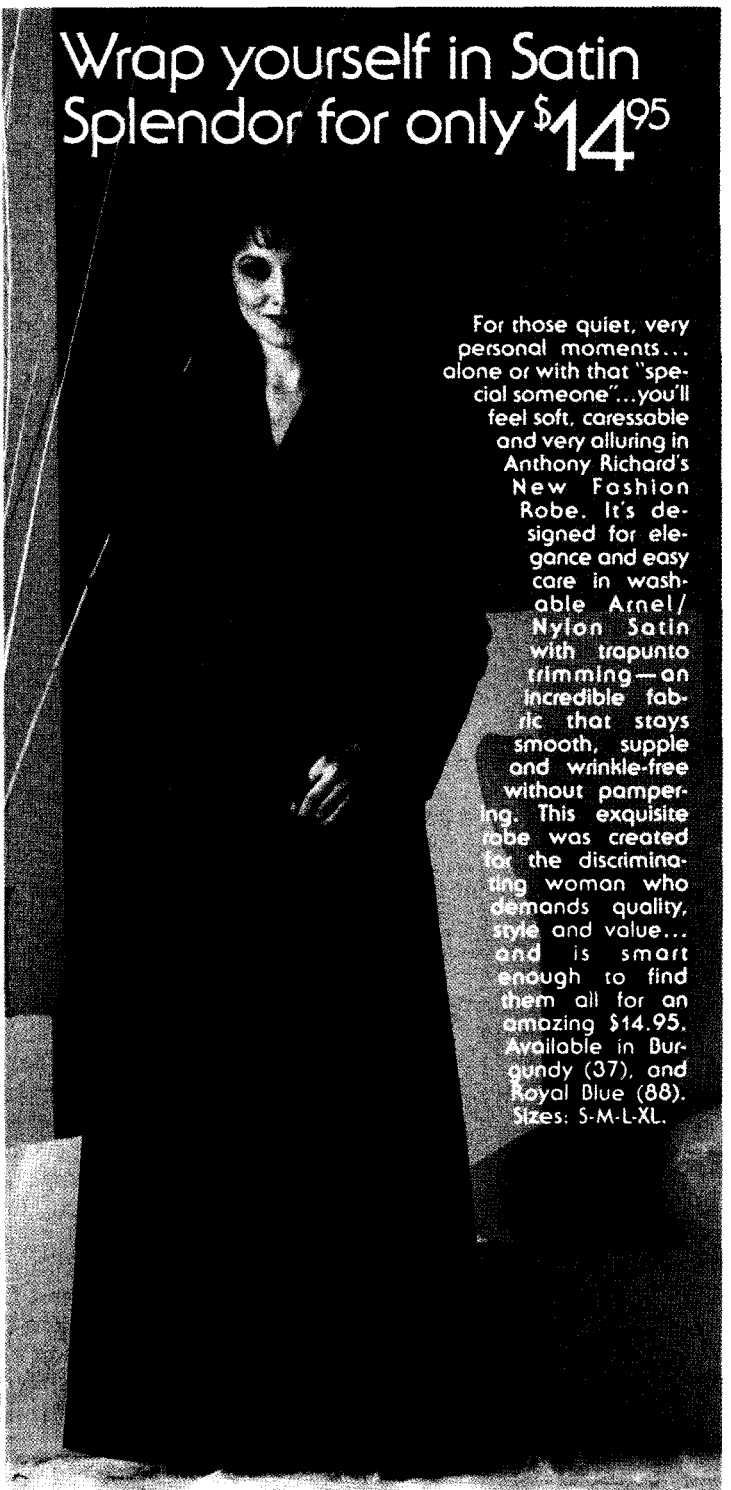

For those quiet, very personal moments... alone or with that "special someone"...you'll feel soft, caressable and very alluring in Anthony Richard's New Fashion Robe. It's designed for elegance and easy care in washable Arnel/Nylon Satin with trapunto trimming—an incredible fabric that stays smooth, supple and wrinkle-free without pampering. This exquisite robe was created for the discriminating woman who demands quality, style and value... and is smart enough to find them all for an amazing $14.95. Available in Burgundy (37), and Royal Blue (88). Sizes: S-M-L-XL.

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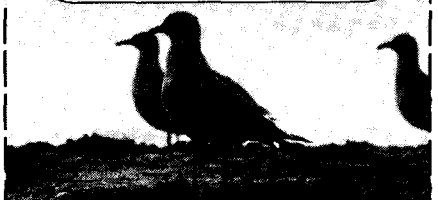

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Mansions

continued from page 68

of the largest private collections of Duncan Phyfe furniture and other New York-made furniture of the first quarter of the 19th century. Furniture and *objets d'art* of this period were classically inspired from Greek and Roman models and fit perfectly with the templelike houses that were built in America from 1800 to 1845.

Like the houses, the antiques I bought appear to have appreciated sharply in value, although—as is true in real estate—you can never be sure until you've actually sold. In the antiques world, there is a big spread between the bid and asked price despite the growing popularity of the auction houses such as Sotheby's and Christie's, which have narrowed the discounts once incurred in selling to a dealer.

But the point of this story is not how much I've made on my houses or antiques—others have made far more by investing in raw land or office buildings or far more mundane real estate. None of my purchases were made with the idea of maximizing return on investment. I bought purely for personal enjoyment, and that is why I really wouldn't have gone far wrong on any of these purchases even if they had not appreciated in value.

It is personally very satisfying to see a sadly rundown house (or piece of furniture) regain its former glory. With all the ugliness in the world, it's like doing a good deed to restore one of these fine old houses or beautifully hand-carved pieces of furniture. Quite often, such restorations have a catalytic effect in stimulating others to restore neighboring properties. In Charleston, our $6 million hotel project signaled to the community that the historic downtown business district had a future. Since then, the entire surrounding area has been spruced up and gleams like it hasn't since the Civil War.

Old Houses

continued from page 69

new plasterboard, new trim, new joists and studs.

How to Identify the Style of Your House

There are so many architectural styles, periods, substyles and subperiods that one would be hard pressed to define them all. But here's an attempt to give the major ones so that, by learning the date of your house and observing its design, you can determine its style in order to make repairs that will be in keeping with it.

Colonial: 1680 to the year of U.S. independence, 1776. This is a broad designation whose variations include Cape Cod, saltbox and Georgian houses. The primary characteristic of the Colonial house was simplicity. Usually a two-story wood-frame structure with narrow clapboard siding, it was sometimes shingled on back and sides. It had simple windows with small panes (lights), a center entrance and a center chimney.

The *Cape Cod* house had one and a half stories, with the roofline starting at the top of the first story. It was shingled, later clapboarded, and had no dormers (Capes with dormers are modern adaptations). On rare occasions, the roof had a bow in it to allow more attic headroom. The Cape comes in three styles: half (door to one side of the front, two windows on the other side); three-quarter (addition of one window on the side opposite the double windows); and full (two windows on each side of a centered door).

Saltbox: A steep, short roof in the front and a shallower, long roof in the back were characteristic of the saltbox, and, indeed, it looked like a Colonial saltbox, hence its name. It evolved with the addition of a lean-to roof to the back of the house for more room. Sometimes it was built this way, with the long roof facing north to hold snow for insulation.

Greek revival: 1820 to 1860, with heavy front gables and numerous columns. This is where styles tended to merge into one another, so the years of the styles below—Gothic revival, mansard (or Second Empire), Queen Anne—are overlapping. There is also no agreement on the actual dates of these periods. This was also the dawn of the great *Victorian* age, corresponding to Queen Victoria's long reign from 1837 to 1901. It was a remarkable period, not only for its length, but also for its stylistic diversity. Being eclectic, it borrowed from all styles.

continued on page 110

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All who wish to apply for a watch should write to the company before Midnight, December 25, 1982

NEW YORK—One million famous LCD Quartz calendar watches will be sold as part of a publicity campaign for only $5 apiece to the first one million persons who apply in writing to the company before Midnight, December 25, 1982.

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There is a limit of two (2) watches per address at this price, but requests which are mailed early enough (before December 17) are permitted to order up to 5 watches.

To apply for an LCD Quartz calendar watch, mail your name and address *and this original printed notice* together with $5 for each watch desired. Add only $2 shipping and handling no matter how many watches you are requesting. NOTE: Specify model and color choice for each watch as follows: Men's Gold (Item #20710A), Men's Silver (Item #20720B), Ladies' Gold (Item #20730C), Ladies' Silver (Item #20740D). Mail to: **Delucca, Goldrich & Lord, Ltd., Calendar Watch, Dept. 150-41, Box 1020, Westbury, N.Y. 11595. (D20700)**

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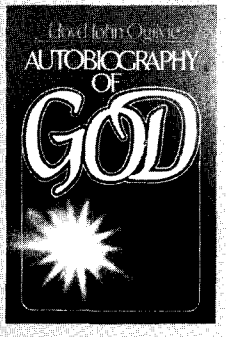

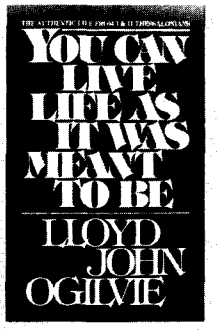

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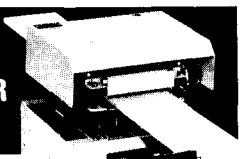

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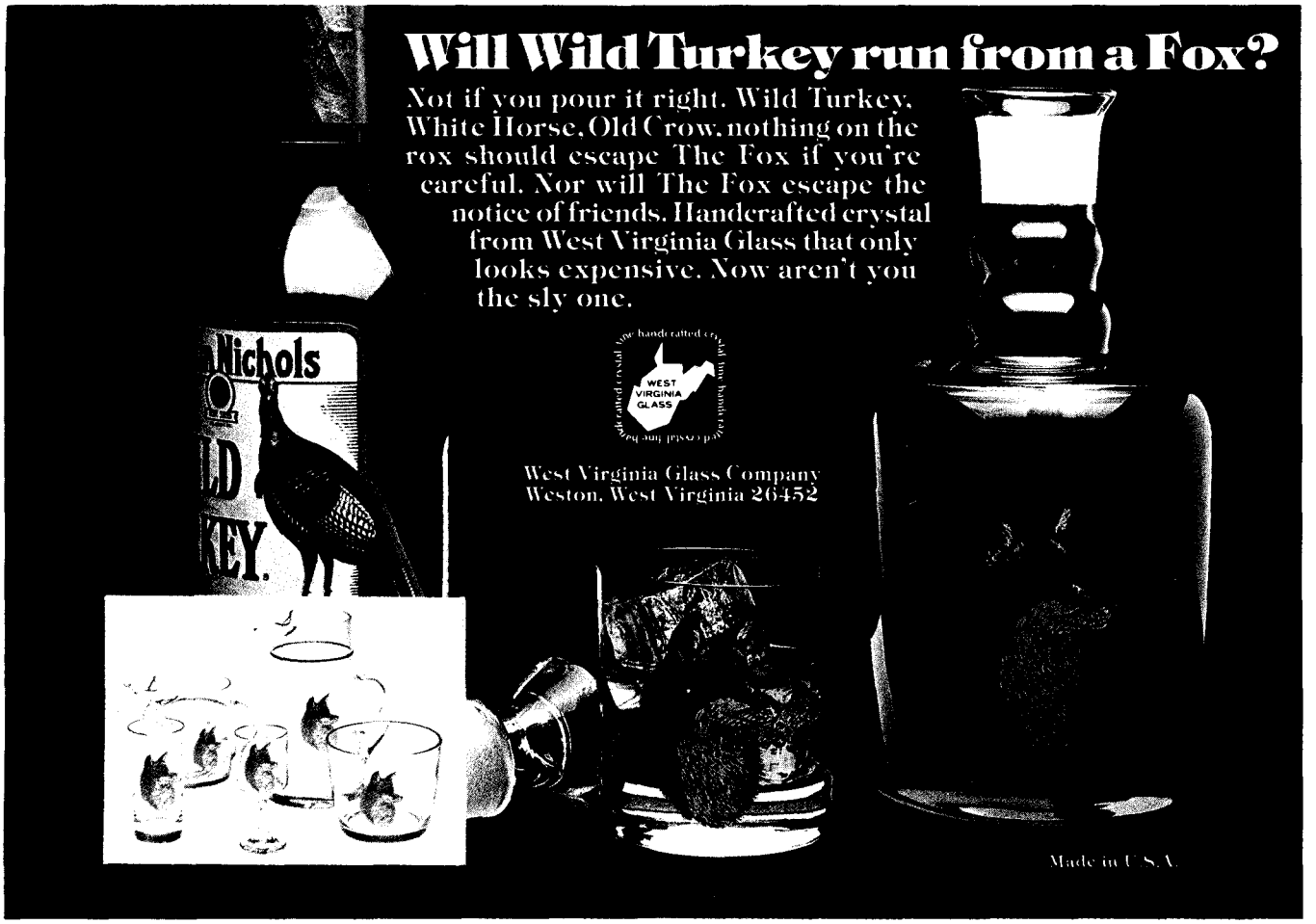

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones."
—Proverbs 17:22

Oats Lower LDL Cholesterol

Post readers were introduced to Dr. James Anderson, a physician and clinical nutritionist on the faculty of the University of Kentucky Medical College in Lexington, in the January/February 1980 issue. At that time Dr. Anderson shared with you his conviction that the fiber available in oats would have an important effect on disease processes.

When Dr. Anderson investigated oat fiber's effect on the dietary management of patients with diabetes, he achieved a certain amount of success in reducing insulin needs but, more impressively, achieved unexpected success in reducing cholesterol levels particularly in reducing the levels in low density lipoprotein (LDL), considered to be the heart-attack-producing "bad" cholesterol, without reducing the levels of high density lipoprotein (HDL), the so-called "good" cholesterol.

Because adequate levels of oat intake require the ingestion of more than a strictly palatable quantity, Dr. Anderson turned to the use of oat bran, the outer shell of the oats, which is measurably more effective, ounce-for-ounce, than unmodified oats and therefore more useful and effective in tolerable quantities.

Dr. Anderson's conviction on the value of oat bran in controlling LDL levels and preventing heart disease has finally won effective, practical support. We have been using experimental oat bran supplied by Quaker Oats Company ever since Dr. Anderson first persuaded them to produce it for his work. Now we're happy to report that oat bran will be available to all of you. Quaker's new product, called "Mother's Oat Bran," is available in supermarkets on the West Coast and in health-food stores throughout the country. Your grocer can order it for you anywhere in the U.S. Another oat-bran product under the Quaker Oats brand name will be available in supermarkets on the West Coast starting in November.

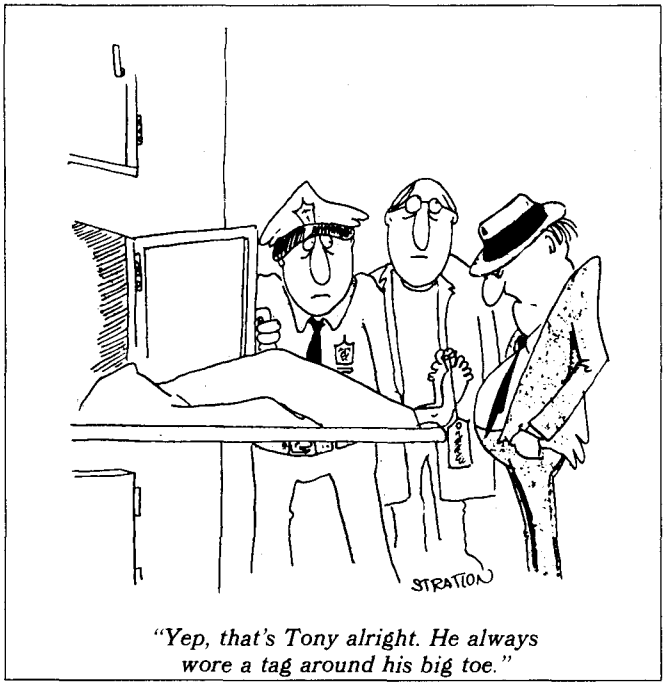
Oat bran can be eaten as a hot cereal, or baked in muffins, casseroles and pies and also can be used in cookie recipes.

If you're interested in lowering your cholesterol via the oats route, it's a good idea to learn how to make your own whole-grain oat flour at home. It's easy. Just place the Quaker Oats, (Quick or Old Fashioned, uncooked) in the blender.

Blend for 60 seconds. Stored in a cool, dry place, it will keep for up to six months.

When used in baking, substitute up to a third of the all-purpose flour called for with oat flour.

The *Post* is in the process of compiling a cookbook of tasty recipes utilizing oat bran and oat flour for our readers. If you have some good recipes utilizing oats, please share them with other *Post* readers.



"Yep, that's Tony alright. He always wore a tag around his big toe."

The Hazards of Cocaine

Sniffing cocaine dries the mucous membrane in the nose and also desensitizes it. Because it is a local anesthetic, victims of this habit may pick the nose and damage its membranes. People who take this drug habitually have many problems with their noses and the walls of their respiratory systems. In extreme cases, the septum between the nostrils is completely eroded away and the victim ends up with just one big nostril.

Vitamin C in the Hospital

If you go to the hospital in an emergency situation, be sure to notify your doctors if you have been taking supplemental vitamin C, especially if you are in surgery and the attending doctors are not familiar with your habits. If you are fed via an intravenous tube, your doctor can easily prescribe the proper amount of vitamin C to keep your blood levels adequate. Because your body learns to metabolize vitamin C more efficiently when you are on large daily doses at home, you would become scorbutic, or in a "scurvy-prone" condition, if you suddenly discontinued it. This is the last thing you need while you

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are in the hospital. Unless you tell your doctor about your vitamin C habit, he will not know.

Even if the doctors who are attending you do not advocate megadoses of vitamin C themselves, they will know that you shouldn't suddenly be deprived of on-going large doses if you have been on them regularly in the past.

Talcum Linked to Ovarian Cancer

An obstetrician-gynecologist at the Brigham and Women's Hospital in Boston has found a link between talcum powder and ovarian cancer. Dr. Daniel W. Kramer says that women whose genitals had some exposure to talcum powder had almost a twofold risk of ovarian cancer. His study compared the hygiene habits of 250 women who had ovarian cancer to a control group of 250 healthy women. He found 32 of the women with cancer frequently used talcum powder on their genitals, compared to 13 women in the noncancer group. Dr. Kramer explained that talcum powder is a magnesium silicate similar to asbestos, which has been linked to lung cancer. The association is strictly statistical and further studies are needed to confirm it, he said. Any *Post* readers who have knowledge of ovarian-cancer patients who did or did not use talcum powder prior to their disease are urged to send this information to the *Post* Cancer Survey.

Benign Disease of the Breast

Approximately 20 million women have this disease. A study from Johns Hopkins shows that 600 national units per day of vitamin E produce varying degrees, from excellent to fair response, in 85 percent of the women. There were similar encouraging results in 1981 from two British studies.

Early Ambulation

Did you ever wonder why in the old days surgery patients had to stay in bed for weeks, not days, for recuperation? Forty-four years ago a 38-year-old appendectomy patient in Detroit disregarded doctors' orders: He got up and took a walk immediately after surgery. The next day, he felt so well that he went home and drove 30 miles running errands. On the fifth day, he drove 40 miles to see his surgeon. His surgeon, Daniel J. Leithauser, was quite amazed with the safe and fast convalescence. So impressed, in fact, that he created a revolution in surgical care. We know this revolution today as "early ambulation"—a firmly established commonplace principle of good postoperative care: Get 'em up, get 'em going, and get 'em better in a hurry!

It was not always thus. Physicians' ancient fear of wound breakdown often kept patients bed-bound for periods as long as two weeks after surgery. As better operating techniques and stronger suture material developed to lessen this fearful danger, the stage was set for Dr. Leithauser's revolutionary discovery.

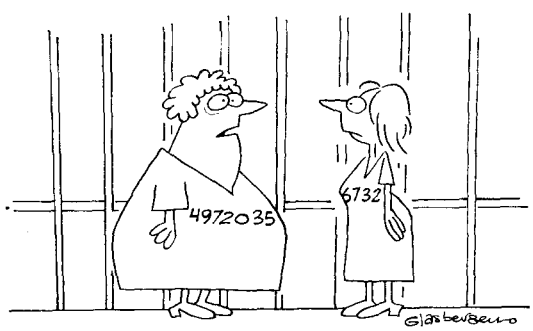
Following the lead of his independent Detroiter, he started sitting his patients up after surgery, letting them dangle their legs over the edge of the bed, getting them up into their first tentative steps, getting them back into activity. Thus early ambulation was born. Not only did the wounds hold up, but early ambulating patients were less prone to the formation of dangerous, migratory blood clots in leg veins and noticeably less prone to the development of spotty lung collapse called atalectasis. They were also remarkably free of the complicating static pneumonias that regularly occurred in nonambulatory, postsurgical patients.

As obvious as these benefits seem today, the perceptive Dr. Leithauser had to overcome the reticence of patients reluctant to make painful first moves which early ambulation may require. He also had to overcome the hesitance of medical colleagues reluctant to make the painful first moves that a change in medical practice often requires.

continued on following page

Dr. Christopher Kagan of San Francisco, California, is the recipient of the Benjamin Franklin Award for his ingenuity and perseverance in attracting attention to his theories about lysine and the herpes virus. He visited Dr. Arthur Norins, head of the dermatology department of Indiana University, and Dr. Richard Griffith, of the Eli Lilly Company, to persuade them to do a lysine/herpes research project with him. He observed that the herpes virus grows very well in a test tube when it is supplied with arginine. Conversely, lysine inhibits the growth of the virus in the laboratory. These results suggested to him that lysine might be used to control herpes in people. Many patients find that they have one additional occurrence after going to high-lysine and low-arginine regimens. Following that, no new recurrences appear in about 85 percent of Dr. Norins' cases.

Dr. Kagan has some innovative thoughts about the similarity of the herpes virus to the virus of some cancers. We applaud his work.



"My son robbed six banks, blew up a power plant and kidnapped his bowling team. The judge found me guilty of feeding him too much sugar as a child."

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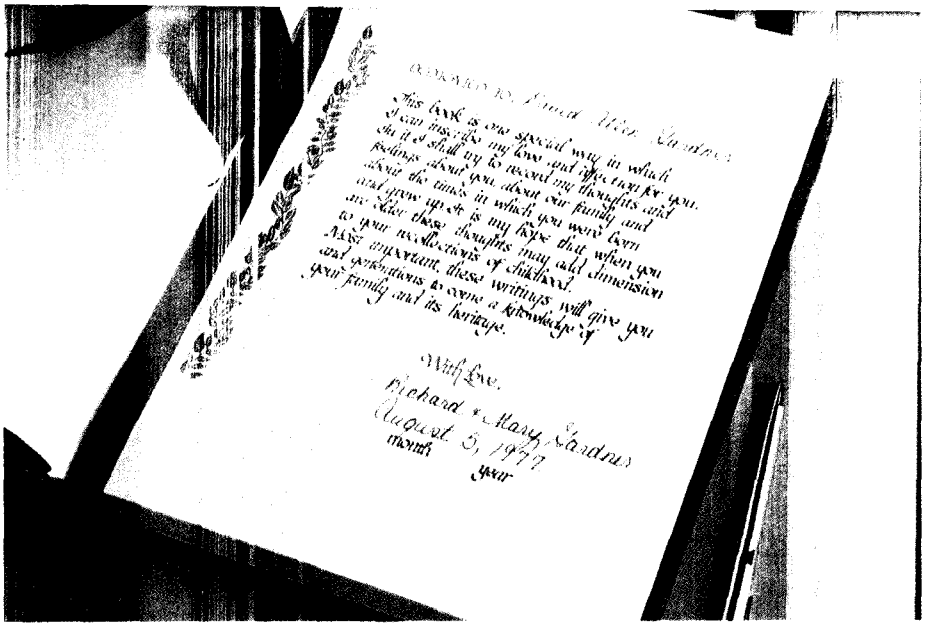

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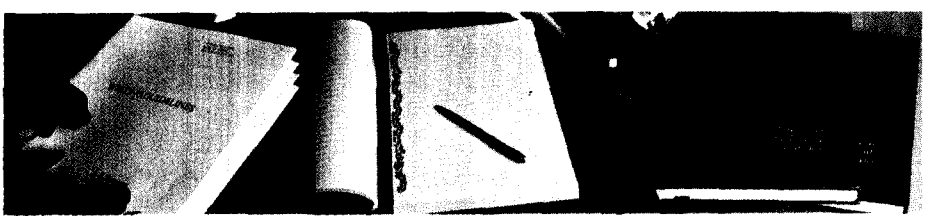

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No-Added-Sodium Diet Controls Mild Hypertension

A recent issue of the British medical journal *Lancet* reports an Australian double-blind controlled test of 90 patients on medication for mild hypertension in which blood pressure was significantly lowered with a no-added-sodium diet.

The control-group members were urged to maintain their usual sodium intake until it was their turn to try the diet. They gave the diet group a shopping guide and directions for obtaining unsalted foods, including unsalted whole-meal bread and cakes, made with potassium baking powder, and unsalted restaurant meals. Milk was rationed and edible seaweed prohibited. Patients received the Australian dietary guidelines to eat less fat and sugar, more cereals and breads.

The trial took place over a 12-week period. The objective was to test the short-term effectiveness of a diet free of added sodium as an alternative to medication, and the results were significant. Drugs were stopped or reduced in four out of five in the low-sodium intake group compared with only one in three of the normal sodium-intake group. Those on the low-sodium diet lost an average of five pounds, probably due to reduced water retention.

After the test was over, two-thirds of the low-sodium group said they intended to continue the diet indefinitely due to the reduction or cessation of drug treatment it allowed without side effects or loss of blood-pressure control. The diet group reported feeling less depressed and less dependent on analgesics.

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Health and Home

by Eleanor Levitt

Bruise easily? Vitamin C may help.

A bruise results from a breakdown of cell walls. Healthy cells, however, are resilient and can resist the knocks and pressures that cause a bruise. What keeps them healthy and strong is Vitamin C. This vital nutrient strengthens the cell walls and the collagen that holds cells together. So, if you're prone to bruising, maybe your Vitamin C intake should be stepped up.

NEW! Amazing TRYPTOPHAN with 3 vital "companion" nutrients

Serotonin, an important neurotransmitter in the human brain, cannot be produced without Tryptophan. Current research confirms the safe and calming effects of this essential amino acid, and the fact that it depends on Niacinamide and B-6 for complete assimilation. Only Barth's provides all 3 in a single tablet. Natural *Trypto-Best* (#1986-1) contains 200 mg. L-Tryptophan, 10 mg. Niacinamide, 10 mg. B-6 (Pyridoxine), plus 25 mg. Nucleic Acid (a vital part of all living cells) for extra benefits. Order 50 for just $4.95 directly from Barth's and save $4.00. (Reg. $8.95.)

Evening Primrose makes nutrition history!

Researchers in the U.S. and Europe are buzzing over the tremendous health potential in the Evening Primrose. Its oil is a treasure chest of GLA (gamma linolenic acid), a natural extract that helps your body produce beneficial prostaglandins. These hormone-like factors help regulate blood pressure and cholesterol levels, and aid blood circulation and the immune system. Barth's 500 mg. *Evening Primrose Oil Capsules* (#1783-1), with Efamol certified GLA content, includes Vitamin E, another aid to the circulatory system. Save $2.00. Order 50 for $9.95 directly from Barth's. (Reg. $11.95.)

"Feed" your eyes the nutrients needed to be stronger and healthier!

Every part of your body—your heart, your lungs, your teeth, etc.—has special nutritional needs. Vitamin A and Zinc, for example, are known to be important for healthy eye tissue. Carotene (from carrots), which is converted to a type of Vitamin A in the body, helps strengthen the immune system. Vitamin B-2 aids eye function. The Eyebright herb (so aptly named) helps brighten and strengthen the eyes. Because each of these 5 natural nutrients has special qualities related to sight, Barth's has put them all together in new *Eye-Vite Capsules* (#1996-1). Your eyes are a precious possession. They deserve special care. If you're taking supplements to strengthen other parts of your body—why not a supplement for stronger, healthier eyes? Order *Eye-Vites* today directly from Barth's and save $3.00. 100 capsules (reg. $9.95) are now just $6.95.

Why Eskimos rarely have heart disease

The science world was puzzled. Eskimos eat lots of fat, yet heart disease is rare among them. Now we know why. They also consume large amounts of oily fish, a rich source of EPA. This natural extract from such fish helps reduce cholesterol and triglyceride levels in the blood—two factors implicated in heart disease. 1000 mg. of this marine lipid concentrate—with a high potency of EPA and other fatty acids that aid metabolism—are in Barth's Natural Max-EPA Capsules (#1785-1). Try it at a $2.00 saving. 50 caps (reg. $8.95) are now $6.95 when you order directly from Barth's.

Face your next birthday looking years younger!

Ordinary skin creams contain emollients and moisturizing agents that merely coat the surface ...clogging pores and shutting off your skin's supply of precious oxygen. This gives your skin a look of tiredness, encourages crow's feet, makes you look older. Now Swiss skin care experts have discovered a natural substance that energizes and revitalizes your skin. Barth's brings it to you in new *Revitaline Skin Revitalizing Treatment* (#2-3702). As the luxurious cream penetrates to deeper layers of your skin, it cleans and clears the surface, allowing "life saving" oxygen to reach down and help sub-surface cells "breathe" again. Energized skin cells take on a smoothness, softness and tone of younger, vibrant skin... minimizing and discouraging wrinkles, fine lines and crow's feet. Order a 2 oz. jar from Barth's and save $5.05. Now $9.95 (reg. $15.00).

Lysine for cold sore (herpes) relief

This is the season for cold sores and fever blisters (akin to herpes virus symptoms). Happily, it's now known that the amino acid Lysine, and some strains of lactobacillus, offer a safe, natural way to overcome the discomfort of this common ailment. Try Barth's new *Lysilac Tablets* (#1771-1). Because they're chewable and dissolve in the mouth, you get their relief faster. Each tablet contains 350 mg. of L-Lysine, plus the equivalent of 20 million living cells of lactobacillus (acidophilus, bulgaricus & bifidus), with fructose for natural sweetness. Order from Barth's and save $1.25. 100 now $3.50 (reg. $4.75).

Selenium & Vitamin E slow down aging

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Leading health magazines report nothing approaches *activated charcoal* in its ability to adsorb intestinal gas, odors and toxic materials. It literally flushes poisons out of the system before they can enter the bloodstream. That's why it's a good idea to keep a supply of Barth's *Charc-All Capsules* (#1984-1) handy. This natural health aid (100% vegetable origin) is gentle, non-narcotic, non-habit forming. Take it at the first sign of queasiness or intestinal discomfort. Order from Barth's. 50 (reg. $6.50) now $3.50. You save $3.00

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It's normal as you grow older to remember long ago events, but have trouble recalling what happened yesterday. It needn't be so. A lack of certain nutrients can affect memory retention and mental alertness, so Barth's has combined specially selected B vitamins, lecithin, amino acids and other natural food factors in a safe new "brain food." Together with a balanced diet and supplemental vitamin/mineral program, see how this exclusive formula can aid your thinking and memory processes. 50 *Nutri-Mental Tablets* (#1803-1), regularly $8.00, are now $5.00. Order from Barth's and save $3.00.

Octacosanol...Nature's new health aid!

Octacosanol, the energy-boosting factor in raw wheat germ oil, has a long name, but the list of health benefits it can produce is even longer. It has such concentrated nutritional power, that only a tiny amount is needed to produce beneficial effects on the body's stamina, vigor and endurance. Scientists have isolated this special factor from the heart of the wheat germ, and Barth's has it in new *Octacosanol Capsules* (#1990-1), containing a potent 375 mcg. of this remarkable factor in a base of wheat germ oil. Order 100 for just $5.95 directly from Barth's and save $5.00. (Reg. $10.95.)

Chicken soup...Grandma's cure-all

Speaking of research, some doctors find Grandma may have been right when she prescribed chicken soup for whatever ailed you. (They're even recommending it to patients!) It's warming and relaxing, and you can make it in a wink with Barth's all-natural *Instant Chicken Soup* (#2-5081). Add a spoonful to a cup of boiling water, stir, and enjoy. Made entirely of farm-fresh foods and chicken—no additives or preservatives. (Makes a great base for gravies and stuffings!) A 12 oz. jar (over 60 servings) is $4.95. Order from Barth's for only $3.95 and save $1.00.

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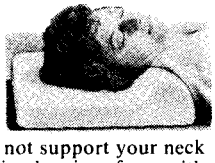

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Eleanor Levitt

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Old Houses

continued from page 102

Gothic revival: 1835 to 1880. This style was very romantic, and brought with it the first sign of a porch. The idea was to achieve a vertical effect, with sharply pointed gables, arched windows, finials at roof peaks, verge boards under the eaves and bargeboards along the rake (gable), pierced with all kinds of Gothic gewgaws.

Mansard, or *Second Empire:* 1855 to 1880. This popular Victorian style was named for its characteristic roof, a double-sloped roof with the lower part set at a very steep angle, almost vertical, into which many varieties of dormer were placed. The roof gave extra room on the third floor of a house. Windows were high and narrow.

Queen Anne: 1875 to 1900. This Victorian style was the most elaborate of any house construction—nonsymmetrical, loaded with gables, dormers, pinnacles, chimneys, towers, turrets and porches. Porches had detailed spindle work. Chimneys were often fluted. This is where the woodworker came into his own, and later styles reflect the new freedom provided by the coping saw and other tools.

Colonial revival: 1890 to 1930. Well, there's nothing new under the sun, and this style or period is often called the *Federal* or *Georgian revival* as well. It's simply the old style built by new construction methods, with symmetry important, many-paned windows, large chimneys, perhaps a Palladian window over the entrance, which may or may not have a porch, and a hipped, gambrel or gabled roof with dormers.

Contemporary: 1945 to today. The postwar building boom created no particular style, but followed generally Colonial styles: Capes, gambrel-roofed Dutch Colonials, garrisons, ranches and split-levels, with or without modern windows. If the postwar era did produce a style, the split-level is it, a term correctly applied only if the house was set on a sloping lot. And if the postwar era did produce Everyman's home, it was the ranch house, made popular by the desire to avoid high costs.

Finally, there is what the Greater Portland (Maine) Landmarks Society calls the *plain style*, 1730 to today. In all periods, this style covers the owner-built house, whether con-

continued on page 112

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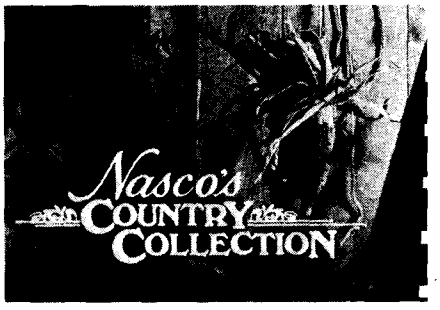

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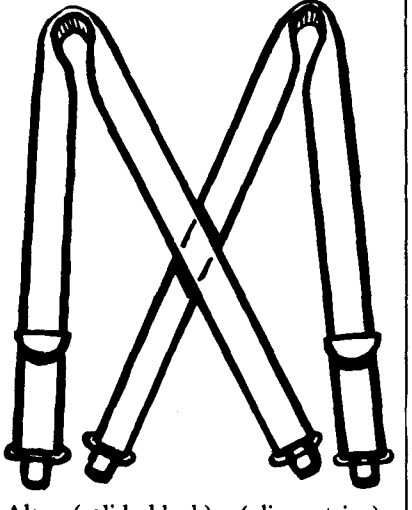

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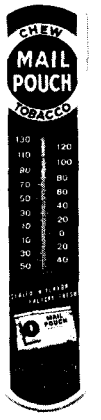

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Old Houses

continued from page 110

structed from plans or not. It is in these houses that you run into studs that are not on standard or consistent centers; in fact, nothing is standard, which will drive the current owner-renovator absolutely wild.

Vitamin E

continued from page 19

do these reactions add to the aging process, but they may also cause other problems, such as cancer.

Research seems to indicate that vitamin E acts as a scavenger for free radicals, preventing them from having their deleterious effects on the body's cells. According to Denham Harman, M.D., Ph.D., Millard professor of medicine and professor of biochemistry at the University of Nebraska College of Medicine, "Evidence is accumulating that not only may vitamin E be able to help prevent things such as heart attacks and strokes, but that it may also extend life span."

Experts such as Harman and others say that it probably is wise to take moderate doses of vitamin E daily. "I'd say somewhere in the range of 400 units a day should be sufficient," he commented. Others suggest a slightly higher dose—about 600 units a day. And all agree that the usual recommendation of 10 units a day is far too low.

For a few, there are some problems that can be encountered with vitamin E. One of the most serious is that patients on anticoagulants, "blood thinners" such as Coumadin®, shouldn't take doses of vitamin E without first consulting their physicians. "Vitamin E increases the patients' need for vitamin K, and patients who take vitamin E without consulting their physician run the risk of developing a bleeding problem," Hermann said. The only other problem appears to be that some patients develop an elevated blood pressure when they start taking the vitamin. Most doctors say that one cannot predict who will develop this reaction, and because of that, patients with high blood pressure need to consult their physician before taking vitamin E. However, the problem is overcome by reducing the amount taken and then slowly increasing it.

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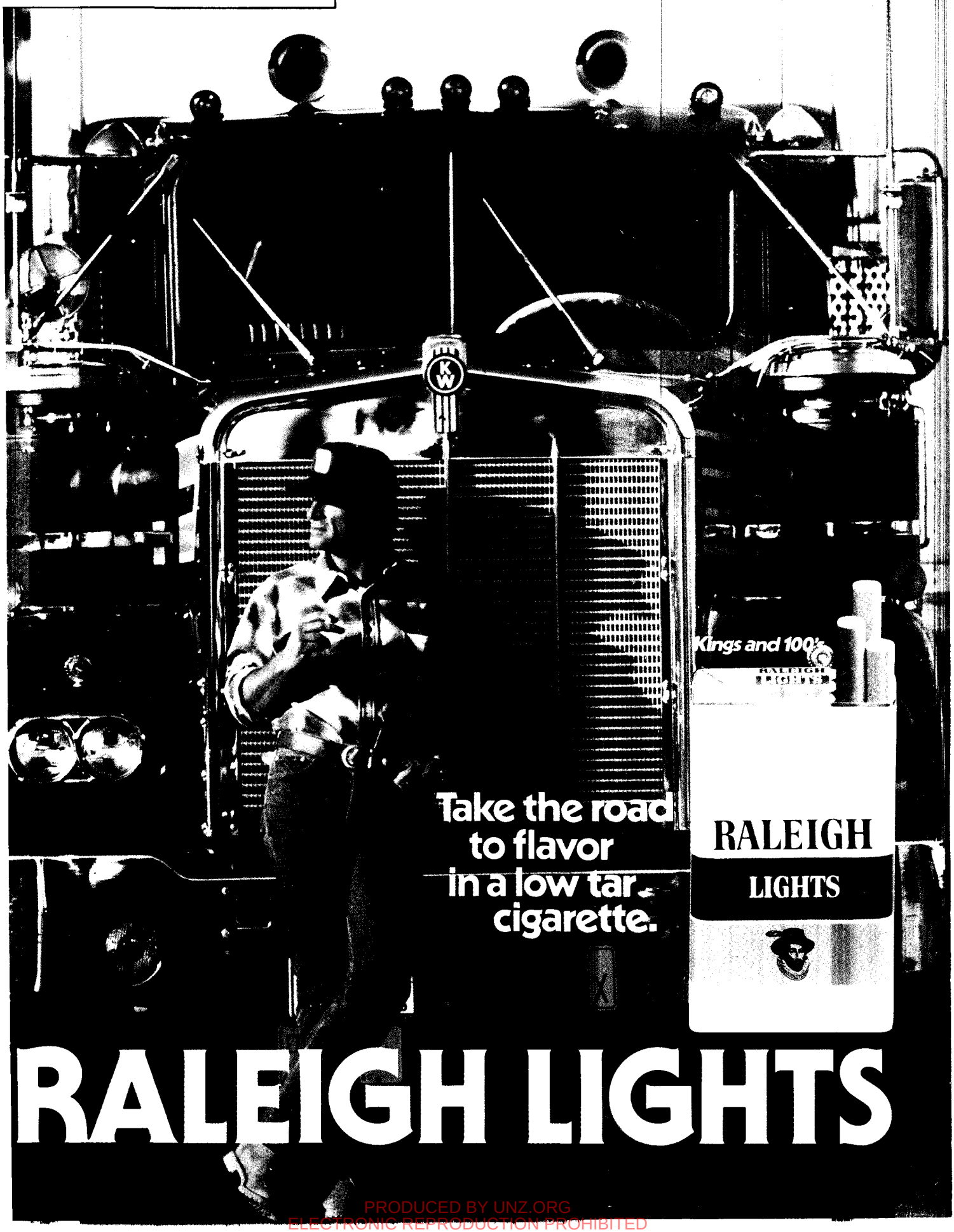

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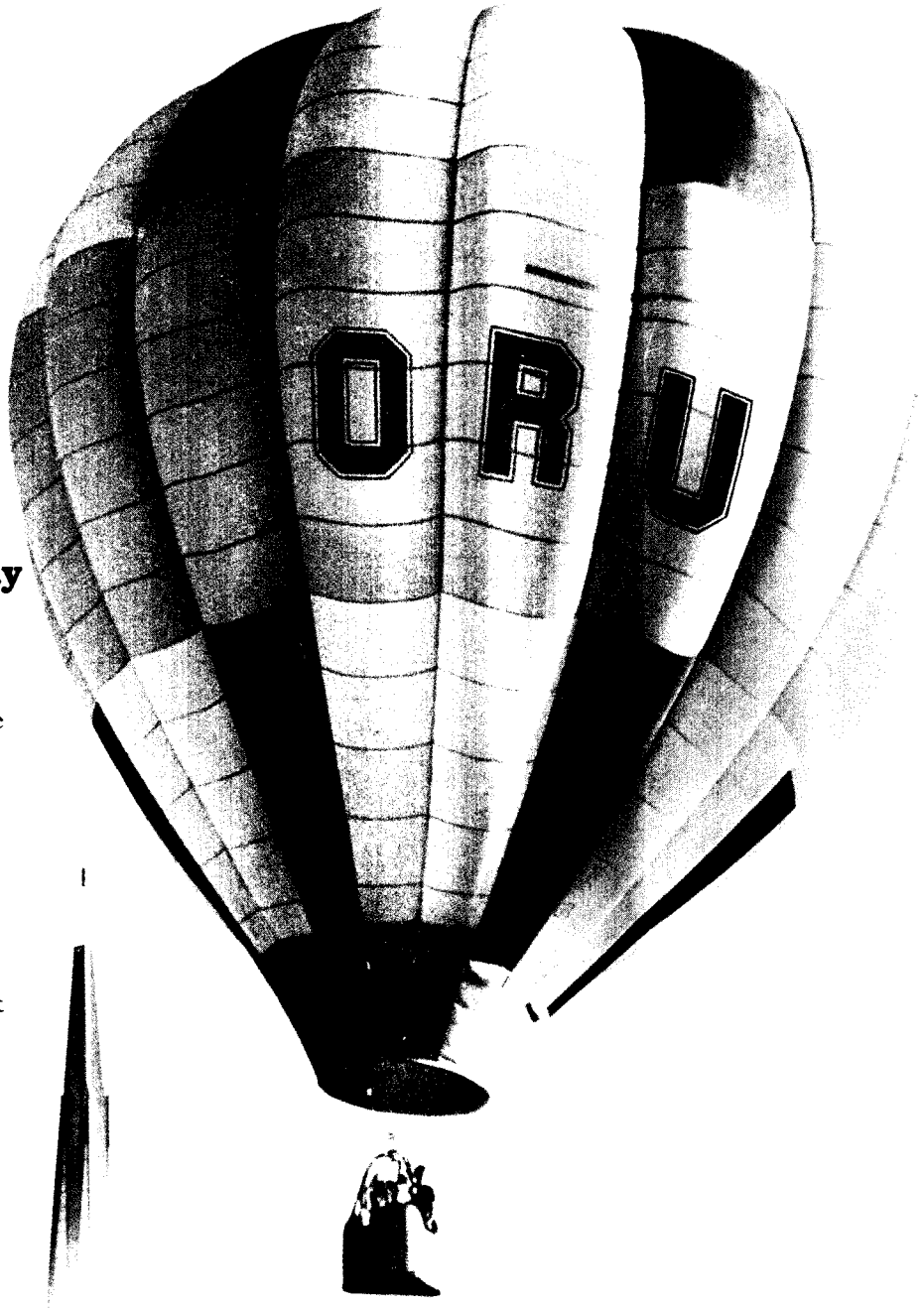

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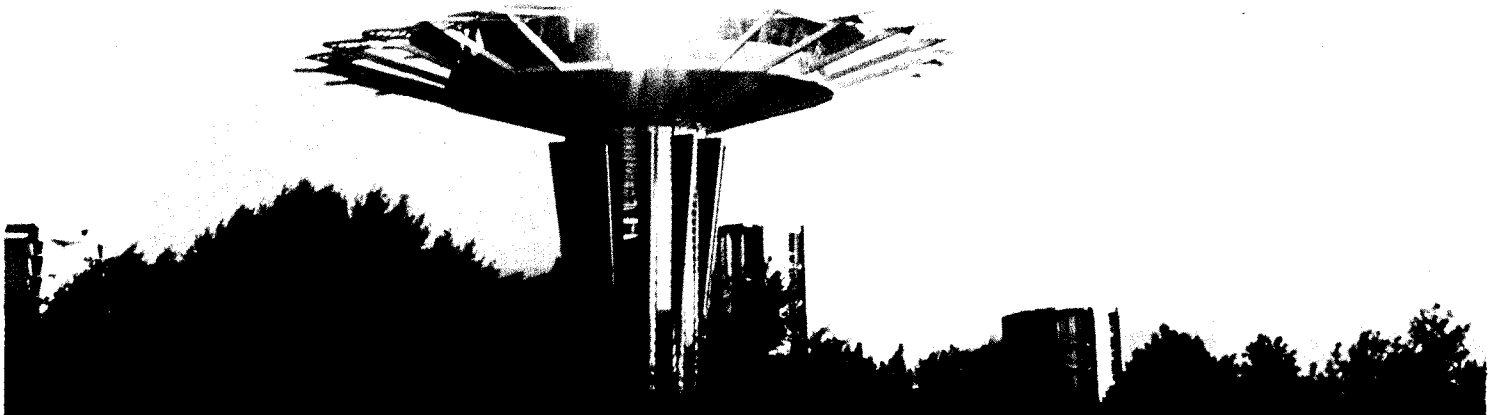

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